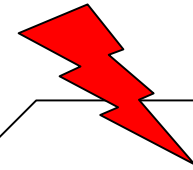


Pain Relief for Older Adults



Pain

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VIHA

Outline



- General principles treatment
 - Individualize
 - Goal-setting
 - Scheduling
- Drug Therapy Approach
 - Benefit vs Risk
 - Evidence-based vs Theory
 - Analgesic Step Ladder

Individualize



Set Realistic Goals



- Pain reduction-often cannot totally eliminate

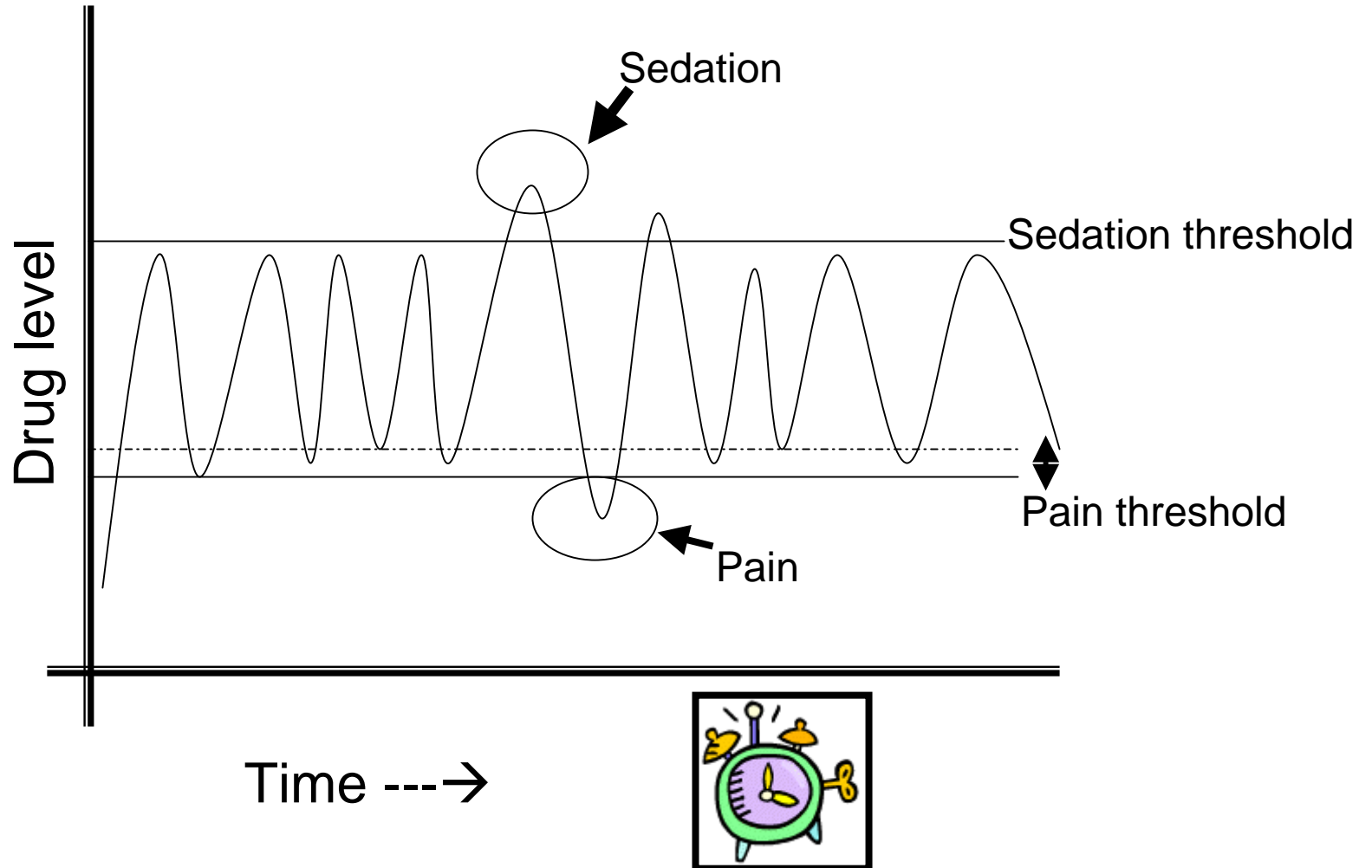


- Function

- Personal care
- Household tasks
- Social



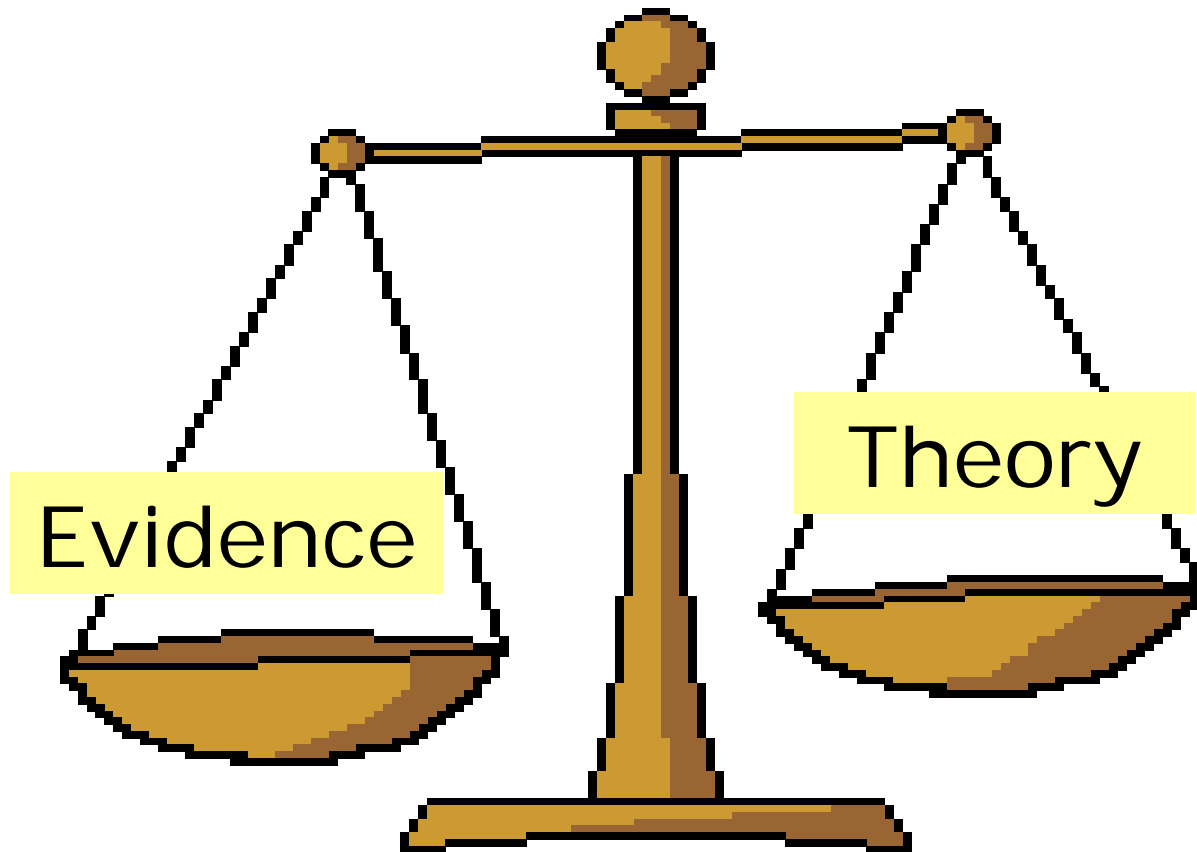
Scheduling



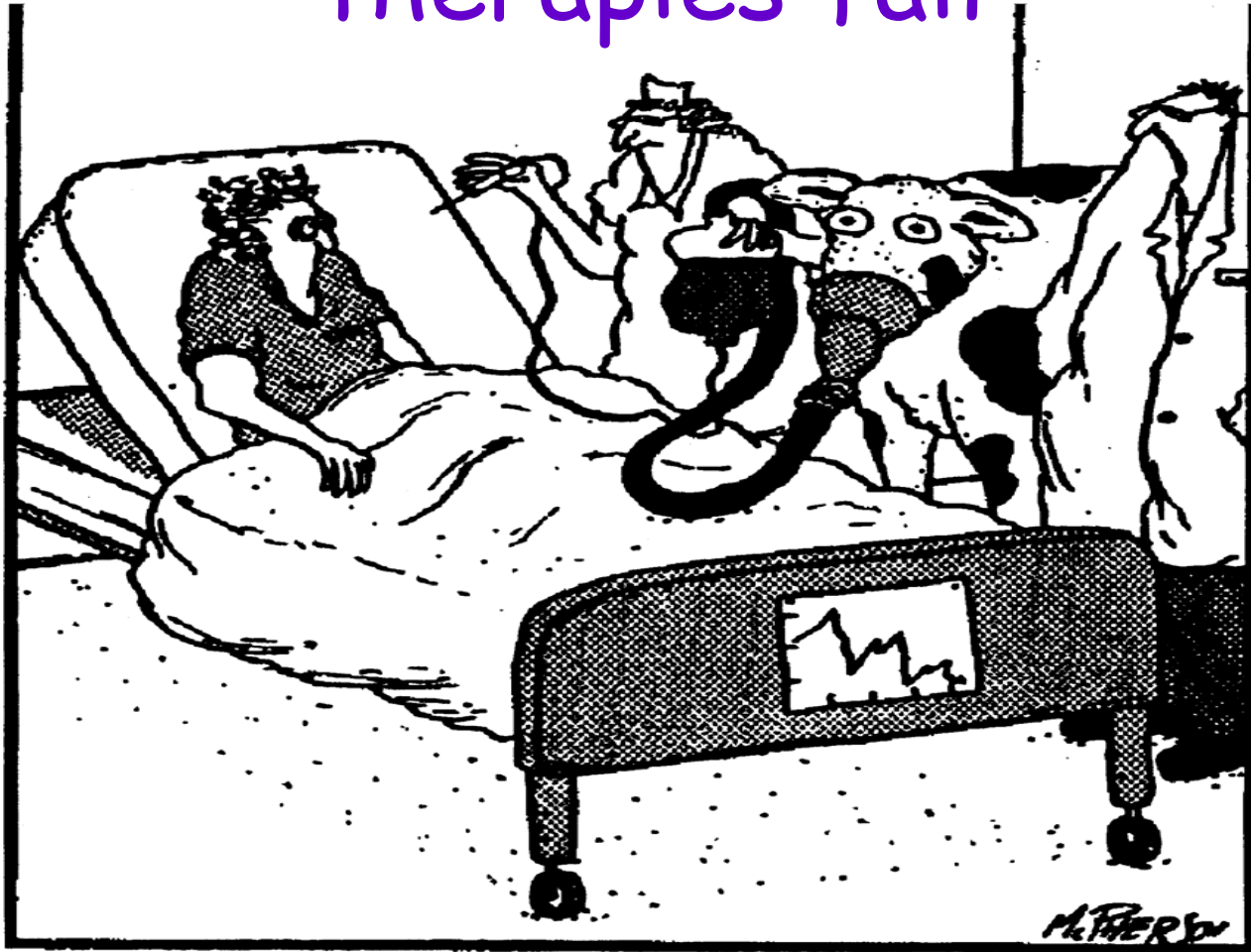
You must
clearly explain
your problem



Evidence-based vs Theory



When Evidence-based therapies fail

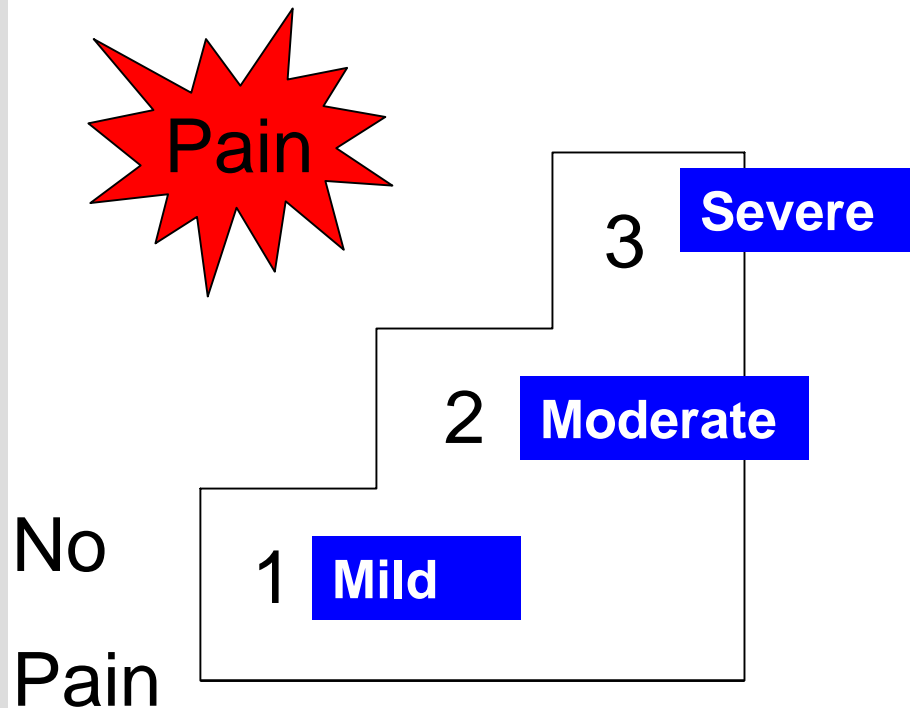


**"How do you feel about
Alternative Medicine?"**

Drug Therapy Balancing Act



WHO Analgesic Step-ladder



Step 3- Strong narcotic
 \pm Step 1 \pm adjuncts

Step 2- Weak narcotic
 \pm Step 1 \pm adjuncts

Step 1- Mild
analgesics \pm
adjunct

WHO=World Health Organization

Mild Analgesics

- Acetaminophen –safe & effective up to 4g/day
- Anti-inflammatories
 - By mouth
 - Topical
 - By injection

Weak Narcotics

- **Codeine** – Tylenol #3, Codeine, Codeine Contin
- **Tramacet** – Tramadol + acetaminophen

Strong Narcotics



- **Morphine**-M-Eslon
- **Oxycodone** –Percocet, Oxycontin
- **Hydromorphone** –Dilaudid, Hydromorph Contin
- **Fentanyl patch** – Duragesic
- **Methadone**

Adjunctive Therapies

- Non-drug
- Antidepressants
- Bone pain – calcitonin, bisphosphonates
- Muscle relaxants
- Neuropathic Pain Adjuncts

Adjunctive Therapies

- Non-drug measures always
 - Massage/chiropractic adjustment
 - Exercise
 - Biofeedback
 - Accupuncture/Intramuscular stimulation (IMS)
 - Distraction
 - Group support

Adjunctive Therapies

■ Antidepressants

- Depression commonly co-exists with pain
- Modify pain signal transmission
- Very effective in nerve pain

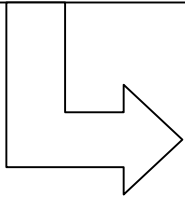
Adjunctive Therapies-Misc

- Muscle relaxants
- Topical creams
- Neuropathic Pain Adjuncts
 - Antidepressants-TCA
 - Anticonvulsants-Gabapentin & Pregabalin
 - Topical Lidocaine

Total Pain

Somatic Sources

MSK disease
Chronic disease
Treatment
Cancer



Psychosocial Factors

Depression
Anxiety
Anger
Cultural
Learned Behaviors

