Signs of Pain in Older People

**Facial expressions**
- Frowning
- Grimacing
- Rapid blinking
- Sad expression

**Movements**
- Tense or rigid posture
- Guarding/protecting body part
- Fidgeting, pacing, rocking
- Difficulty moving, decreased movement
- Changed gait – walking strangely

**Activity levels**
- Appetite – not eating
- Rest patterns, sleeping a lot or very little
- Wandering
- Changes in normal routine or activity

**Mental state**
- Confusion
- Crying
- Irritability
- Distress

**Noises**
- Sighing, moaning or groaning
- Grunting
- Chanting
- Calling out
- Noisy breathing
- Asking for help
- Verbal abuse, swearing

**Personality**
- Aggressiveness
- Fighting or resisting care
- Avoiding socialising, becoming withdrawn
- Inappropriate or disruptive behaviour
<table>
<thead>
<tr>
<th>Type of Pain</th>
<th>Location</th>
<th>Description of Pain</th>
<th>Examples</th>
<th>Possible Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nociceptive: Superficial Somatic</td>
<td>Skin and mucosa</td>
<td>Burning, stinging or sharp pain Usually constant Well localised pain</td>
<td>Lesions Ulcers Pressure sores</td>
<td>Non-opioid analgesia Opioids and NSAIDs Non-pharmacological interventions: - CBT - Heat - Topical preparations</td>
</tr>
<tr>
<td></td>
<td>Upper GIT and anus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nociceptive: Visceral Pain</td>
<td>Abdominal and thoracic organs</td>
<td>Deep, cramping, squeezing pain Sometimes felt as pressure Diffuse pain, not usual well localised May be referred to cutaneous sites</td>
<td>Abdominal colic Bowel obstruction</td>
<td>Non-opioid analgesia Opioids and NSAIDs Anti-spasmodics Non-pharmacological interventions: - CBT - Exercise</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neuropathic pain</td>
<td>Central and peripheral nervous systems</td>
<td>Burning, shooting, electric shock, pins and needles May be referred to the area that nerve would normally supply</td>
<td>Post-herpatic neuralgia (shingles) Diabetic neuralgia Post-stroke pain Phantom limb pain Sciatica Tumour infiltration into nerves</td>
<td>Adjuvant analgesics: - Anti-depressants - Anti-convulsants - Anti-arrhythmics Topical preparations</td>
</tr>
</tbody>
</table>
EXCELLENT PAIN MANAGEMENT REQUIRES MORE THAN MEDICATION

- Pain identification and assessment
- Manual handling
- Exercise
- Complementary therapies
  - Reiki
  - Massage
  - Aromatherapy
- Physical therapies
  - Hot packs
  - TENS machine
- Medication
- Cognitive behavioural therapies
  - Relaxation
  - Stress Management

OPTIMUM PAIN CONTROL