

Key principles for managing pain in older people

- Best practice pain management is multidimensional – we must consider the biological, psychological and social aspects of pain in addition to the context and environment in which pain is experienced.
- Pain management should be **person-centred** and **evidence-based**.
 - **Person-centred**: care that takes into consideration the preferences, needs and values of each individual person.
 - **Evidence-based**: adopting the best available approaches that have been supported by evidence from current research.
- Promote a **pain-vigilant culture** at your facility, so all staff are aware of the possibility of pain and are trained to spot it.

SEE CHANGE, THINK PAIN

- The goal of pain management isn't necessarily to eliminate pain, but to manage its impact on individuals' lives.
 - **Follow 4 key steps to pain management**: identification, assessment, treatment, and evaluation/monitoring (see the flow chart below).
 - Ongoing pain assessment is important for optimal pain management – this means that the 4 key steps to pain management are part of a continuous cycle.
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