



Essential Pain Management (EPM)

RECOGNIZE

- **Ask and look**

ASSESS

- **Severity?**
 - Measure at rest
 - Measure with movement
- **Type?**
 - Acute / chronic
 - Cancer / non-cancer
 - Nociceptive / neuropathic / mixed
- **Other factors?**
 - Physical
 - Psychological

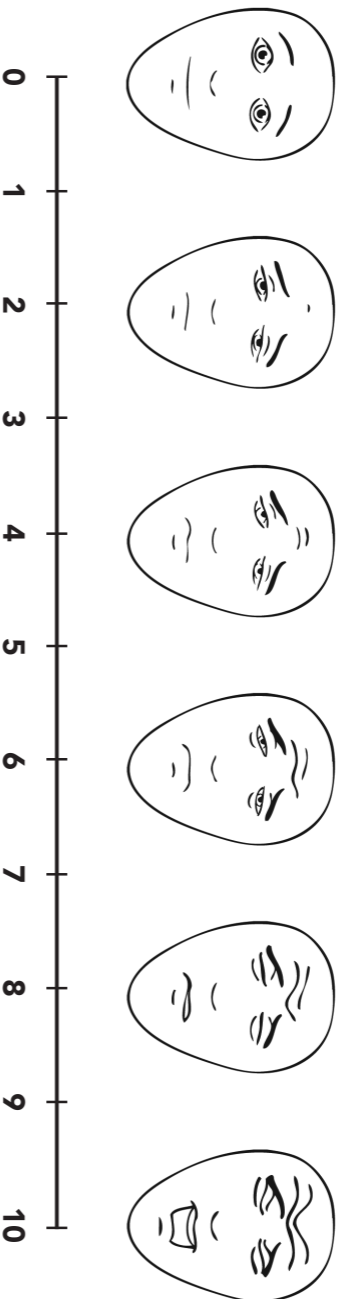
TREAT

- **Non-pharmacological treatments – for both nociceptive and neuropathic**
 - Physical (e.g. rest, ice, elevation, physiotherapy, massage)
 - Psychological (e.g. reassurance, explanation, counselling)
- **Pharmacological treatments – nociceptive**
 - Consider paracetamol, NSAIDs, tramadol, codeine, morphine
 - Use combinations (e.g. paracetamol, NSAID, opioid)
 - Use IV morphine for acute, severe pain
- **Pharmacological treatments – neuropathic**
 - Consider tramadol, tricyclic antidepressant (e.g. amitriptyline) or anticonvulsant (e.g. gabapentin)

REASSESS

- Repeat RAT
- Is your treatment working?
- Are other treatments needed?

www.essentialpainmanagement.org



Faces Pain Scale – Revised, ©2001
International Association for the Study of Pain
[www.iasp-pain.org/FPSR]