

# Essential Pain Management (EPM)

# RECOGNIZE

#### Ask and look

### ASSESS

- Severity?
  - o Measure at rest
  - o Measure with movement

#### • Type?

- o Acute / chronic
- o Cancer / non-cancer
- o Nociceptive / neuropathic / mixed

#### • Other factors?

- o Physical
- o Psýchological

## TREAT

- Non-pharmacological treatments for both nociceptive and neuropathic
  - o Physical (e.g. rest, ice, elevation, physiotherapy, massage)
  - o Psýchological (e.g. reassurance, explanation, counselling)

# Pharmacological treatments – nociceptive

- o Consider paracetamol, NSAIMs, tramadol, codeine, morphine
- o Use combinations (e.g. paracetamol, NSAIM, opioid)
- o Use IV morphine for acute, severe pain

# Pharmacological treatments – neuropathic

o 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]

