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 Psychological

TREAT
• Non-pharmacological treatments – for both nociceptive and neuropathic
  o Physical (e.g. rest, ice, elevation, physiotherapy, massage)
  o Psychological (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]