



مدينة الملك فهد الطبية
King Fahad Medical City



Pain in Older Adults

What are the Challenges of Managing Pain in Older Adults?



75% of people age 65 and older have 2 or more chronic conditions such as heart disease, diabetes chronic lung disease, and arthritis.



Highest rates of surgery, procedural interventions, injury and hospitalization.



Greater risk of persistent pain due to slower healing and poorer recovery from acute injury or disease.



Decreased capacity to deal with pain due to frailty and loss of physiologic reserve.



Compromised effective management of bothersome pain due to polypharmacy and comorbid disease.

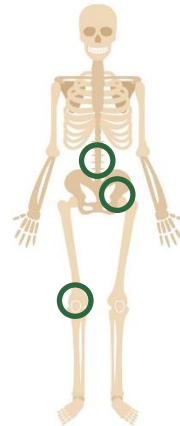


Lack of dedicated age-specific pain treatment programs, randomized controlled trials and appropriate research.

What are the most common pain complaints in older adults?

Musculoskeletal origin:

- **Knees**
- **Hips**
- **Back**



How is pain assessment done in verbally not communicable older adults?

Facial expressions.

Verbalizations/vocalizations.

Body movements.

Changes in interpersonal interactions.

Changes in activity patterns/routines.

Mental status changes.



What are the goals of managing pain in older adults?

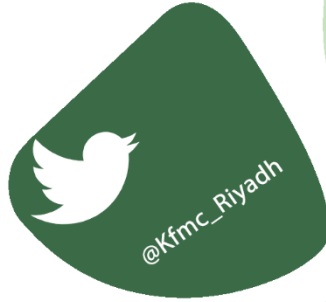
- **Non-pharmacologic treatments or localized use of medications (e.g. corticosteroid injections) may be preferred as initial therapy for many conditions.**
- **Systemic medications are generally introduced at a later step.**
- **Least potentially toxic interventions.**



لأن الوعي وقاية ..

إدارة التثقيف الصحي

Pain Management Department



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