

Recognise, Assess and Treat A Person Experiencing Pain



RECOGNISE

- Ask, listen and look
- Pain Care Priorities



ASSESS

Impact?

- Physical
- Psychological
- Social

Severity?

- Measure at rest
- Measure with movement

Type?

- Acute / chronic
- Cancer / non-cancer
- Nociceptive / non-nociceptive



TREAT

Non-pharmacological treatments?

- Physical (e.g. education, exercise, functional physiotherapy)
- Psychological (e.g. explanation, relaxation)
- Social (family counselling/support)
- Self Management

Pharmacological treatments – nociceptive?

- Consider paracetamol, NSAIDs, tramadol, morphine
- Use combinations (e.g. paracetamol, NSAID, opioid)
- Use IV morphine for acute, severe pain

Pharmacological treatments – non-nociceptive

- Consider tramadol, tricyclic antidepressant (e.g. amitriptyline) or anti-neuropathic (e.g. gabapentin)



REASSESS

- Repeat RAT
- Is your treatment working and addressing the priorities?
- Are other treatments needed?

Faces Pain Scale

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