

MANAGING AND TREATING PAIN

BROUGHT TO YOU BY KELLEY-ROSS PHARMACY GROUP



WHAT IS PAIN?

Pain is an uncomfortable feeling that tells you something may be wrong.

If you do not feel pain, you might have hurt yourself without knowing it, or not know you have a medical problem that needs attention. There are a few different types of pain. Depending on the type of pain, how long you've been feeling the pain, and the location of the pain, you may or may not be able to treat pain on your own.

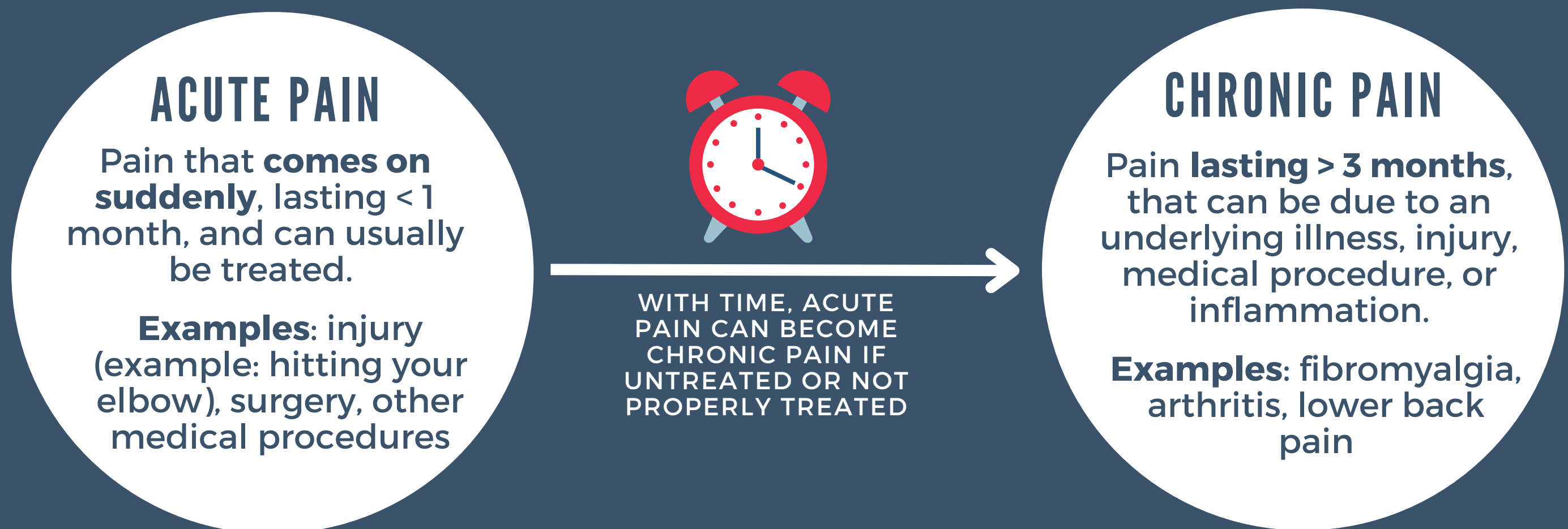
WHY DO WE CARE ABOUT PAIN?

THE SIMPLE ANSWER: PAIN HURTS!

- Decreased function and mobility
- May cause loss of sleep or appetite
- Can prevent people from interacting with others, causing feelings of loneliness and isolation
- Pain can make you less active, leading to loss of muscle strength. This can make activity more difficult and increase risk of falling.

TYPES OF PAIN

HOW LONG HAVE YOU BEEN EXPERIENCING THIS PAIN?



WHERE IS THE PAIN LOCATED?

PHYSICAL

The most common type of pain caused by damage to body tissue. This pain feels sharp, achy, or throbbing. This is the type of pain you feel if you break a bone, touch a hot stove, or stub your toe. It can be acute or chronic.

NERVE

Pain caused by damage to your nerves. This pain is described as shooting, stabbing, or burning. The feeling of pain can come and go. Some medical conditions, such as shingles or diabetes, can cause nerve pain.

RADICULAR

A very specific type of pain where a spinal nerve in your back gets squeezed or inflamed. The feelings of tingling, numbness, and muscle weakness can travel from the back into the hips and legs. This pain is usually constant.





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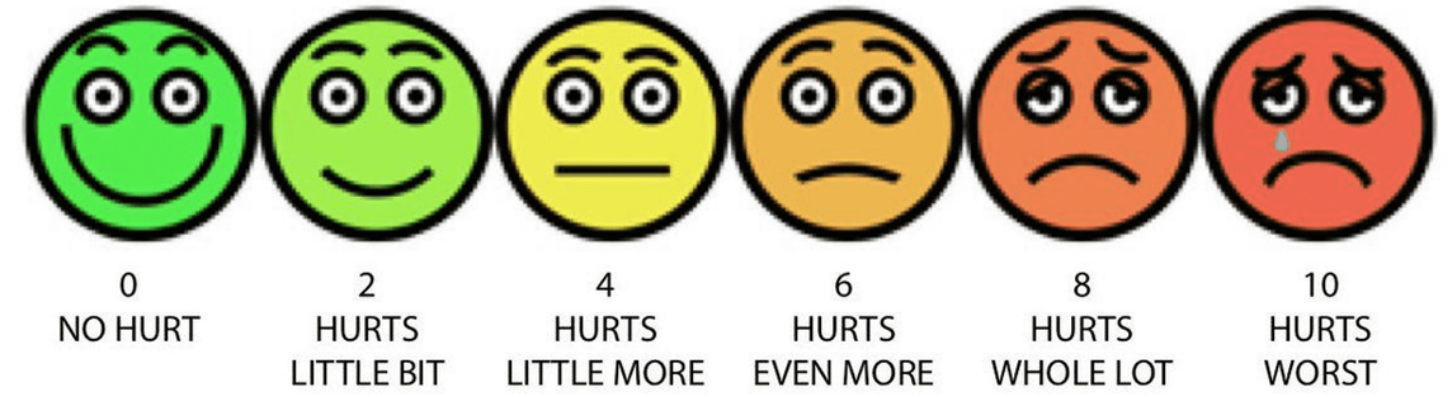
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HOW TO TELL YOUR DOCTOR ABOUT YOUR PAIN:

ANSWER THESE QUESTIONS

- Where is the pain?
- How badly does it hurt?
- How long have you had this pain?
- What words would you use to describe the pain?
- What makes your pain better or worse?
- What activities can you no longer do because of your pain?

Wong-Baker FACES Pain Rating Scale



HTTPS://WWW.CORCIS.COM/ARTICLES/NOTES/PHASE-2-ASSESSMENT-OF-A-NEW-FUNCTIONAL-PAIN-SCALE-BY-COMPARING-IT-TO-TRADITIONAL-PAIN-SCALES/

HOW TO TREAT PAIN

NON-DRUG THERAPY



PHYSICAL THERAPY OR ACUPUNCTURE



YOGA OR TAI CHI



HOT/COLD COMPRESS



MUSIC THERAPY OR MEDITATION

DRUG THERAPY: PHYSICAL PAIN

TYLENOL (ACETAMINOPHEN)

Best choice for treating acute, physical pain in older adults. Tylenol does not treat nerve pain.

Why? This medicine has the least amount of side effects.

Dose: Variable. Start with the lowest dose (325 mg) and take the lowest dose that relieves your pain.

Safety: **Do not exceed 3,000 mg/day without talking to your doctor.** If you are on blood thinners, such as warfarin, or if you have a history of liver problems, talk to your doctor before taking Tylenol.

Pearls: Avoid alcohol while taking Tylenol to keep your liver safe and healthy.

NSAIDS (IBUPROFEN, NAPROXEN)

Not a great choice for treating pain in older adults unless recommended by your doctor.

Why? NSAIDs have side effects, such as possible stomach bleeding, increasing blood pressure, kidney damage, worsening heart failure, and risk of bleeding/bruising.

Are any NSAIDs safe? YES! Consider topical products for pain, such as diclofenac gel, that can relieve pain with less side effects!

Dose of diclofenac gel: Apply 4 grams to each affected joint up to 4 times daily.

Safety: Maximum dose is 16 grams per joint and 32 grams total per day.

Pearls: Use the dosing card to help you apply the right amount of gel!

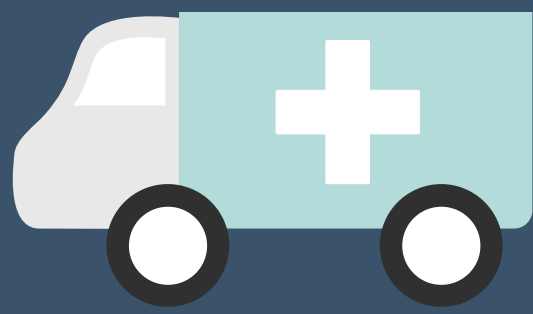
OPIOIDS (TRAMADOL, OXYCODONE)

Require a prescription and in-depth discussion/examination with your doctor.

Why? Opioids are highly addictive medicines with a wide variety of unpleasant side effects, including:

- Dizziness/drowsiness that can **increase fall risk**
- Constipation that can often require another medication to treat
- **Risk of overdose**
- Many interactions with other drugs

When are opioids appropriate? Your doctor may prescribe you opioids for a few days after a surgery. Opioids may be appropriate for some individuals living with chronic pain.



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DRUG THERAPY: NERVE PAIN

TREATING NERVE PAIN USUALLY REQUIRES A PRESCRIPTION

Nerve pain cannot be treated by most over the counter medications; however prescription medicines can help. It is important to note that medicines that treat nerve pain can be used for a wide variety of other conditions, too! These include:

- Duloxetine: can be used for nerve pain, anxiety, depression, and fibromyalgia
- Gabapentin: can be used for nerve pain, seizures, anxiety, alcohol use disorder, and others

Are there ANY medicines I can use on my own? Yes!

- **Lidocaine patches** applied to the area of pain can provide pain relief. Talk to your healthcare provider about how to apply these patches to get the most benefit.
- **Capsaicin cream or lotion** applied to the area of pain can also provide pain relief. This product can cause itching or burning (this goes away with time) and is effective after 2 to 4 weeks of consistent treatment. Remember to wash your hands before and after you apply!

CAN I TREAT MYSELF OR SHOULD I GO TO THE DOCTOR?

OK TO SELF TREAT

Some pain is normal and does not require a doctor's visit. Examples of this include:

- A minor burn
- A skinned elbow or knee
- A mild headache
- A pulled or strained muscle, such as your back or neck after sleeping
- If you have a plan with your healthcare provider to treat pain associated with a medical condition, such as angina

SEE YOUR PROVIDER

Some pain cannot be treated without consulting with a healthcare provider. Examples of this include:

- Neck or back pain that does not go away within a few days
- A wound that does not heal
- Any pain that feels like nerve pain (tingling, burning, numbness)
- Anytime you cannot bear weight or have difficulty walking
- A cut that does not stop bleeding within 15 minutes
- Anytime you have unexplained bruising

WHEN TO CALL 9-1-1:

Sometimes, we need help right away!

- If you have sharp chest pain that comes on suddenly and lasts more than a few minutes
- If you have a sudden, severe, "thunderclap" headache
- Anytime you sustain a fall and hit your head
- If you have a severe injury or tissue damage
- If your pain is > 8 on the FACES scale



Not sure if you need to go to the emergency room? Call your primary care provider and ask to speak to someone who can help you make this decision!