



Age based pain consult tool

A pain consultation is an opportunity to gain useful insights into patients' experience of pain. It's a chance to create a tailored treatment plan to help patients live well with less pain.

Start with the right body language¹

	✓	✗
Facial expression	Smile and appear empathetic.	Avoid frowning as it could indicate disagreement.
Eye contact	Make direct eye contact, keeping eyes wide to show interest.	Avoid looking down or away while your patients are speaking. Avoid raised eyebrows.
Hands and arms	Keep arms uncrossed. Use arm and hand movements, but don't overdo it.	Don't cross your arms - it creates a barrier.
Legs	Maintain a relaxed, open stance.	Don't cross your legs - it can indicate disagreement, uncertainty or disinterest.
Body position	Leaning slightly forward shows interest.	A relaxed, upright posture conveys confidence. Avoid shaking your head as it indicates disagreement.
Head	Occasional nodding shows reassurance. Tilting the head shows interest.	Don't lean in too close. Avoid turning away, but if you have to explain why.

Watch out for red flags

If you spot any warning signs in what the patient is telling you, you should refer to an appropriate specialist. These could include²:

- Bleeding or recent physical trauma
- Severe unremitting pain
- Difficulty breathing or dizziness
- Severe or persistent headaches
- Loss of physical function, particularly asymmetrical
- Neck pain or stiffness with photophobia (sensitivity to light)
- Unexplained seizure or weight loss
- Visual disturbance



And remember to keep an eye on the patient's body language too. It can indicate if they're feeling uncomfortable or hesitant to share their feelings and thoughts.




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Key Considerations while consulting patients with different age groups

Medical consultations vary across age groups³ suggest key considerations to the specific needs of different age groups by identifying the unique developmental, emotional, and health needs of patients⁸:

<p>Children (0-18 years)</p> 	<ul style="list-style-type: none"> • Building initial rapport: Use simple language⁵, visual aids, and play-based techniques to engage⁴ • Respect for Autonomy: Children's pain should be self-reported. When self-reporting is not possible (e.g., due to young age, cognitive impairment, and mechanical ventilation), a behavioral pain scale or checklist should be used⁵ • Shared decision making: Encourage to express their concerns and preferences, advise children what the options are, what treatments may involve, the pros and cons, and likely effects⁴.
<p>Adult (19-64 years)</p> 	<ul style="list-style-type: none"> • Complex Information: Adults may require more detailed explanations regarding their health conditions and treatment plans¹⁰. Using clear, jargon-free language is essential⁹. • Respect of autonomy: This group expected to being treated with respect, and the responsiveness of professionals to their queries and requests. • Shared Decision-Making: Involve patients in discussions about their care options and seek their preference to enhance adherence to treatment¹⁰.
<p>Elderly (65+ years)</p> 	<ul style="list-style-type: none"> • Building initial rapport: Use simple, common language and ask if clarification is needed. • Avoid hurrying older patients: Be mindful of an older person's pace while questioning or listening their concerns. • Respect for autonomy: Speak to the patient as a fellow adult and treat them with respect and empathy. Having physical, sensory, or cognitive impairments does not lessen the maturity of an adult patient. • Shared decision making: Ask about their goals and preferences for care and focus on what matters most to them⁶.

A widely-recognized Calgary-Cambridge Consultation guide (enhanced): building the relationship & structuring the medical interview⁷.

 <p>Initiating the Session</p>	 <p>Gathering information</p>	 <p>Physical examination</p>	 <p>Explanation & Planning</p>	 <p>Closing the session</p>
<ul style="list-style-type: none"> • Preparation • Establishing initial rapport • Identifying the reason(s) for consultation 	<ul style="list-style-type: none"> • Exploration of the Patient's Problems to discover: • the bio-medical perspective (disease) • the patient's perspective (illness) • background information (context/History) 	<ul style="list-style-type: none"> • Examining a patient for any possible medical signs or symptoms of a medical condition. 	<ul style="list-style-type: none"> • providing the appropriate information • aiding accurate recall and understanding • Achieving shared understanding: incorporating the patient's illness framework • planning: shared decision making 	<ul style="list-style-type: none"> • ensuring appropriate point of closure • forward planning

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OTC medication:

Pain relief medications vary widely in their suitability across different age groups.

Haleon Pain portfolio covers all age groups

Children

1. Advil kids
2. Panadol kids
3. Panadol Advance
4. Advil liqui-gel

Adult

1. Panadol extend
2. Panadol Extra
3. Advil liqui-gel
4. Voltaren 1% & 2% gel

Elderly

1. Panadol extend
2. Panadol Extra
3. Advil liqui-gel
4. Voltaren 1% & 2% gel

Use OTC cautiously in case of:

1. Other concurrent medications, including natural remedies
2. Pre-existing medical conditions
3. Smoking/alcohol consumption
4. Patient >65
5. Allergies

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