



# Age based pain evaluation guide

Pain assessment and management is complex process, as it thoroughly rely on understanding of the patient’s experience. This includes not only the physical aspects of pain but also psychological, emotional, and social factors.<sup>(1)</sup>





Effective pain management requires selection of appropriate pain assessment tools and medication:

## Pain assessment tools selection: <sup>(1-6)</sup>

Selection of an appropriate pain assessment tool. The choice depends on factors such as:


- Patient’s age,
- cognitive function, and
- communication ability:

Scales	Child								Adolescent			Adult	Elderly
	0	2	4	6	8	10	12	14	16	18	19-64	65+	
FLACC	■	■	■	■	■								
FPS-r		■	■	■	■	■	■						
Wong baker			■	■	■	■	■		■	■	■		
APPT					■	■	■		■	■	■		
VAS				■	■	■	■		■	■	■	■	
NRS					■	■	■		■	■	■	■	
McGill Pain							■		■	■	■	■	
IPTs												■	
VDS												■	
Abbey												■	


- |  |   |
|--|---|
|  <ol style="list-style-type: none"> <li><b>1. FLACC (Face, Legs, Activity, Cry, Consolability)</b><br/>(Each category (Face, Legs etc) is scored on a 0-2 scale, total pain score from 0 to 10<sup>(2)</sup>)</li> <li><b>2. Face Pain Scale-revised (FPS-r);</b><br/>(Pain intensity; visual representation of faces indicating pain levels from score 0-10<sup>(3)</sup>)</li> </ol>   |  <ol style="list-style-type: none"> <li><b>1. Wong-Baker FACES Scale</b><br/>(Pain intensity; series of faces scoring from 0 (smiling face) to 10 (crying face))<sup>(3)</sup></li> <li><b>2. Adolescent Pediatric Pain Tool (APPT)</b><br/>(Intensity, location, and quality of pain)</li> </ol>  |
|  <ol style="list-style-type: none"> <li><b>1. Visual Analog Scale (VAS)</b><br/>(Pain intensity; series of faces indicating varying pain levels from 0 (no pain) to 10 (worst pain) <sup>(2)</sup>)</li> <li><b>2. Numeric Rating Scale (NRS)</b><br/>(Pain intensity; scores 0-5, 0-10, 0-20, or 0-100 (0 = No pain and 5, 10, 20, 100 = extreme pain)<sup>(4)</sup>)</li> <li><b>3. McGill Pain Questionnaire</b><br/>(Sensory and affective pain experience)<sup>(5)</sup></li> </ol> |  <ol style="list-style-type: none"> <li><b>1. Visual Descriptor Scales (VDS)</b><br/>(Usually have 4-6 descriptor anchors. Pain thermometers are an example of a VDS.)</li> <li><b>2. Iowa Pain Thermometer-revised (IPT-r)</b><br/>(Pain intensity; Score 0-10 indicating no pain to The most intense pain)</li> <li><b>3. Abbey Pain Scale</b><br/>(18 points scales with scoring 0-2 none 3-7 mild 8-13 moderate 14+ severe)<sup>(4,7)</sup></li> </ol> |

Effective pain management requires selection of appropriate pain assessment tools and medication:


**Selection of OTC medication:**  
Pain relief medications vary widely in their suitability across different age groups.



1. Panadol Syrup



1. Panadol Advance
2. Panadol Extra
3. Voltaren 1% Emulgel



1. Panadol extend
2. Panadol Extra
3. Voltaren 1% Emulgel

**Pain medication available across age groups**

**Use OTC cautiously in case of:**

1. Other concurrent medications, including natural remedies
2. Pre-existing medical conditions such as hypertension, diabetes, GI sensitivities and renal complications
3. Smoking/alcohol consumption
4. Patient >65<sup>(8,9)</sup>
5. Allergies

**References:**

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