

Growing older with pain: question time on innovation, creativity and development

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What is at stake and what did we learn?

Pain amongst older adults is poorly managed. It is rarely assessed, it is treated inappropriately, and there is poor awareness that solutions are available.

There are precious few clinical trials on analgesics for older people. Very few clinical trials of analgesics take account of high levels of co-morbidity and polypharmacy that are common with older people.

Non-pharmacological approaches, in particular a focus on learning to live with pain, can be very effective if taught appropriately and supported by experts.

Assistive Technology, in particular self-management treatments delivered by computer, are very promising solutions for the large number of people who will live with pain into their 70s, 80s, and 90s.

Background

KT-EQUAL joined with the British Pain Society Special Interest Group on older people to host this evening event focusing on growing older with pain. It was held at the Royal Pharmaceutical Society in Edinburgh. The aims of the evening were to raise awareness of pain and suffering in older age, discuss the role of evidence based interventions in promoting pain management, and introduce the idea of technology assisted pain management in older age.

Contributors

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For more information

We are planning to run this event again in England. Visit www.equal.ac.uk for further details.