

A SIP OF MDTEA EPISODE 7

PAIN CONTROL

Tips on prescribing analgesics in older adults

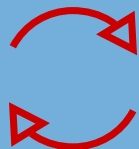
NSAIDS

- Avoid if possible
- Risk of peptic ulcer
- Renal Impairment



STRONG OPIOIDS

- May need smaller doses or reduced frequency
- If one preparation not tolerated; try another
- Oxycodone safer in renal impairment



PARACETAMOL



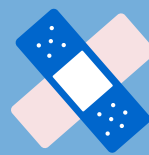
- Generally safe
- Half the dose if underweight or malnourished

WEAK OPIOIDS



- Co-prescribe laxative
- Watch for confusion

PATCHES



- Useful in chronic pains
- Tend to have less systemic side effects
- Reduced tablet burden

REMEMBER!

1. Pain is under recognised and under treated in older adults
2. Pain can be a cause of delirium
3. Neuropathic agents often have high anti-cholinergic burden so may worsen confusion



The MDTea Podcast provides Education on Ageing for all healthcare professionals working with older adults.

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