



Age risk pain assessment tool

What to look out for before recommending OTCs for Pain management



Ask about comorbid health condition:



- ▶ Starting a particular analgesic agent may worsen the existing conditions e.g. (NSAIDs) have established gastrointestinal, cardiovascular, and renal risks, which increase with age¹
- ▶ Some analgesics are contraindicated in Gastrointestinal, Kidney, liver and heart diseases²



Ask about substance Use: (Substance e.g. s alcohol/ smoking/ opioids)



- ▶ Smoking and drinking alcohol can increase the risk of GI complications, such as ulcer and bleeding⁷
- ▶ Current smoking/Opioid use is significantly associated with higher pain scores⁸



Also consider physiological changes:



- ▶ Age related changes in renal and liver functions such as reduced excretion and slow absorption of some medications
- ▶ Suggest treating this population with the lowest possible, tolerable doses aiming to avoid adverse effects¹



Assess polypharmacy:



- ▶ Use of concurrent analgesics in both OTC and prescription medications may lead to over medication³
- ▶ Use of OTC analgesics with other common medications such as anticoagulants, corticosteroids, or antihypertensive agents, anti platelets may lead to potentially serious adverse effects^{4,5}
- ▶ Potential risk among children with chronic pain⁶



Keep a note on psychological factors:



- ▶ Psychological factors such as anxiety and depression can alter pain perception and intensity^{9,10}
- ▶ Cognitive age: varying pain perception and expression in children leads to inadequate pain assessment¹¹

Age group

- ▶ Children (0-18 years)
- ▶ Adult (19-64 years)
- ▶ Elderly (65+ years)

Suitability profile of Brands

Panadol

- Elderly, Children
- Patients with
 - ▶ Diabetes
 - ▶ Cardiovascular disorders
 - ▶ Gastrointestinal disorders
 - ▶ Kidney disorders
 - ▶ Asthma*
 - ▶ High blood pressure
 - ▶ Multiple medications

Voltaren (Topical)

- Elderly
- Patients with
 - ▶ Cardiovascular disorders
 - ▶ Gastrointestinal disorders
 - ▶ High blood pressure
 - ▶ Kidney disorders
 - ▶ Liver impairment

Advil

- For children above 3 months
- Suitable at doses <1200 mg/day
- Significantly better GI suitability than other NSAIDs

*People with analgesic-induced asthma that is known to be cross-sensitive to paracetamol should use the lowest effective single dose, for example, ≤500 mg per dosing occasion

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