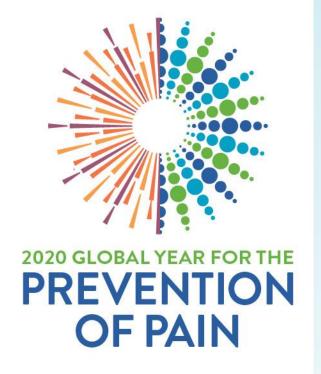


# 2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN







### Prevention of Pain in Vulnerable Populations

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## Vulnerable populations

- The World Health Organisation identifies vulnerable populations as including children, pregnant women, older adults, malnourished people, and people who are ill or immunocompromised.
- The prevention of pain in vulnerable populations should be viewed as a safeguarding issue.





#### Prevention of Acute Pain

- Eat well and maintain a healthy weight to keep bones and muscles working efficiently.
- Keep moving and use exercise to build and maintain core strength and flexibility.
- Move well; avoid bad posture and over exertion such as heavy lifting wherever possible.
- Reduce stress and anxiety; learn relaxation techniques and coping strategies such as yoga, tai-chi or mindful meditation to stay in control.
- Prevention of chronic pain.
- All of the above plus
  - Effective management of acute pain.
  - Recognition of chronic pain development as a public health problem.





### National Guidelines

- Many guidelines developed around the world.
- Organisational and professional barriers often inhibit implementation of these guidelines.
- Education and improved awareness are key for staff.
- Consultation time limited but careful facilitation may elicit pain information.
- Thorough and comprehensive pain assessment using recognised pain tools before management.

