

The background features a central vertical line. To the left of this line, there are several colorful rays (purple, orange, red) extending outwards. To the right, there are several colorful circles (blue, green, purple) of varying sizes, also extending outwards.

# 2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN



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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.



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# 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.



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### 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.