2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN
Prevention of Pain in Vulnerable Populations

Professor Pat Schofield
Professor of Pain & Ageing, Sheffield Hallam University - UK

Dr Margaret Dunham
Post-Graduate Research Tutor, Sheffield Hallam University - UK
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.