



Pain Management in Older Adults

Last reviewed October 2022

Chronic Pain Management in the Elderly

<https://www.sciencedirect.com/science/article/abs/pii/S1932227519300424?via%3Dihub>

This narrative review highlights the importance of taking a multidisciplinary approach to treating pain in older adults, with specific attention paid to considerations of unique aging, including selective interventions, physical therapy, rehabilitation, and psychological treatments. (PAID ACCESS)

Managing Patients with Chronic Pain during the COVID-19 Outbreak: Considerations for the Rapid Introduction of Remotely Supported (e-Health) Pain Management Services

<https://www.ncbi.nlm.nih.gov.proxy.queensu.ca/pmc/articles/PMC7172975/>

This study considers four related factors to help guide healthcare professionals caring for patients with chronic pain: (1) the public health consequences of COVID-19 patients with pain; (2) the consequences of not treating these patients for the unknown duration of the pandemic; (3) options for remote assessment and management and (4) clinical evidence supporting remote therapies. (OPEN ACCESS)

Impact of COVID-19 Pandemic on Chronic Pain Management: Looking for the best way to deliver care

<https://www.sciencedirect-com.proxy.queensu.ca/science/article/pii/S1521689620300562>

This review aims to analyze the impact of the COVID-19 pandemic on chronic pain treatment and to address what strategies can be implemented or supported to overcome the limitations in the delivery of chronic pain patient care. (OPEN ACCESS)

Population-Focused Approaches for Proactive Chronic Pain Management in Older Adults

<https://pubmed.ncbi.nlm.nih.gov/33972196/>

The purpose of this article is to stimulate discussion on three paradigms important to population-focused pain management: (1) prevention; (2) restoration and rehabilitation; and (3) palliation, which aim to improve patients' care experience, improve overall health and quality of life, and reduce associate health care costs. (PAID ACCESS)

Pain Management in Older Adults

Pain Assessment, Management, and Impact Among Older Adults in Assisted Living

<https://pubmed.ncbi.nlm.nih.gov/31080144/>

This study aims to describe the incidence, pharmacologic management, and impact of pain on function, agitation, and resistiveness to care among assisted living residents. (OPEN ACCESS)

Acute Pain in Older Adults: Recommendations for Assessment and Treatment

<https://pubmed.ncbi.nlm.nih.gov/31337481/>

This study notes that managing acute pain in older adults requires special attention due to various physiologic, cognitive, functional, and social issues that may change with aging. As such, this study aimed to describe these changes and discuss how pain should be assessed appropriately in older patients. (PAID ACCESS)

Pain Management in Community-Dwelling Older Adults with Moderate-to-severe Dementia

<https://pubmed.ncbi.nlm.nih.gov/34038176/>

This cross-sectional study explored visiting nurses' knowledge and beliefs regarding pain management in community-dwelling older adults with moderate-to-severe dementia. (PAID ACCESS)

Access Barrier in Rural Older Adults' Use of Pain Management and Palliative Care Services: A Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/32959683/>

This study notes that pain and symptom management is critical in ensuring the quality of life for chronically ill older adults. This systematic review aims to examine the specific types of transportation-related barriers experienced by rural older adults in accessing pain and palliative care. (PAID ACCESS)

Acute Pain Management for Older Adults

<https://www.ncbi.nlm.nih.gov.proxy.queensu.ca/pmc/articles/PMC9345205/>

This study notes that older adults may experience various psychological changes that influence how healthcare professionals perceive, diagnose, and manage acute pain. As such, this study sought to understand the differences that enable the identification, assessment, and treatment of acute pain in older adults. (OPEN ACCESS)

Sustainability of Evidence-Based Acute Pain Management Practices for Hospitalized Older Adults

<https://journals-sagepub-com.proxy.queensu.ca/doi/full/10.1177/0193945917738781>

This study highlights that little is known regarding sustainability of evidence-based practices (EBPs) following implementation. This study focuses on the sustainability of evidence-based acute pain management practices in hospitalized older adults following testing of a multifaceted Translating Research into Practice (TRIP) implementation intervention. (OPEN ACCESS)

Pain Management

Facilitators, Barriers, and Solution in Pain Management for Older Adults with Dementia

https://www.researchgate.net/publication/341757444_Facilitators_Barriers_and_Solutions_in_Pain_Management_for_Older_Adults_with_Dementia

This participatory action research study reflects on nursing practices, identifies facilitators and barriers in managing pain in older adults with dementia, and proposes actions for improvement. (OPEN ACCESS)

Physiological Changes from Ageing Regarding Pain Perception and its Impact on Pain Management for Older Adults

<https://www.ncbi.nlm.nih.gov.proxy.queensu.ca/pmc/articles/PMC9345212/>

This article reviews the physiological changes and how they can affect the best approach to management, as these changes occurring during aging can affect the incidence, experience, and treatment of pain in older adults. (OPEN ACCESS)

A Concept Analysis of Coping with Chronic Pain in Older Adults

<https://www.sciencedirect.com.proxy.queensu.ca/science/article/pii/S1524904218304107>

This study notes that a lack of definition of coping with chronic pain in older adults affects communication in interdisciplinary care. The aim of this study is to report on a concept analysis of coping with chronic pain in older adults and to construct a definition of the concept. (OPEN ACCESS)

Pain Management Nursing Practice Assessment in Older Adults with Dementia

<https://pubmed.ncbi.nlm.nih.gov/33826237/>

The aim of this study is to assess pain management nursing practice in older adults with dementia through electronic health records (EHR). (OPEN ACCESS)

Association Between Psychological Interventions and Chronic Pain Outcomes in Older Adults: A Systematic Review and Meta-analysis

<https://jamanetwork-com.proxy.queensu.ca/journals/jamainternalmedicine/article-abstract/2680318>

The objective of this study was to determine the efficacy of psychological interventions in older adults with chronic pain and whether treatment effects vary by participant, intervention, and study characteristics. (OPEN ACCESS)

Pain Management During the COVID-19 Pandemic

<https://link-springer-com.proxy.queensu.ca/article/10.1007/s40122-020-00190-4>

This paper noted that understanding the general problems facing chronic pain patients and specific problems in the COVID-19 era is essential in appropriately managing patients. The paper also focused on properly utilizing the available resources to help patients with the most severe conditions and the most vulnerable group. (OPEN ACCESS)