TITLE: Pain Management for Women, Aboriginal Peoples, or the Elderly: Guidelines

DATE: 28 March 2016

RESEARCH QUESTIONS

1. What are the evidence-based guidelines for pain management in women with chronic non-cancer pain?

2. What are the evidence-based guidelines for pain management in Aboriginal peoples with chronic non-cancer pain?

3. What are the evidence-based guidelines for pain management in the elderly population with chronic non-cancer pain?

KEY FINDINGS

One evidence-based guideline was identified regarding pain management for the elderly.

METHODS

A limited literature search, with main concepts appearing in the title or as author keywords, was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, ECRI Institute (Health Devices Gold), Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2006 and March 14, 2016. Internet links were provided, where available.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.
Pain Management Guidelines for Women, Aboriginal Peoples, or the Elderly

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

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<th>Table 1: Selection Criteria</th>
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<tr>
<td><strong>Population</strong></td>
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<td><strong>Intervention</strong></td>
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<td><strong>Comparator</strong></td>
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<td><strong>Outcomes</strong></td>
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<td><strong>Study Designs</strong></td>
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RESULTS

One evidence-based guideline was identified regarding pain management for the elderly. No relevant evidence-based guidelines were identified regarding pain management for women or Aboriginal peoples.

Additional references of potential interest are provided in the appendix.

OVERALL SUMMARY OF FINDINGS

One evidence-based guideline\(^1\) was identified regarding the management of pain in older people. Therapies included in this guideline are pharmacological approaches, interventional therapies, psychological therapies, physiotherapy and occupational therapy, self-management, and complementary therapies.

The guideline suggests various pharmacological approaches to manage pain. The guideline authors found paracetamol, non-steroidal anti-inflammatory drugs (NSAIDS), and opioids to be effective in treating non-cancer pain. It recommends that NSAIDS should be used with caution in older adults. For opioids, the guideline found long term data to be lacking, and recommends the concurrent use of laxative therapy. The guideline also recommends tricyclic antidepressants or anti-epileptics for neuropathic pain, though adverse events may be problematic. The guideline states that topical lidocaine and capsaicin have limited efficacy in the management of localized neuropathic pain.

The guideline provided guidance on additional therapies. According to the guidelines, interventional therapies recommend the management of chronic pain with a variety of neural blocks and minimally invasive procedures. These therapies involve various injections at pain sites. The guideline recommends the use of physiotherapy, occupational therapy, electrical nerve stimulation, massage, and reflexology for pain management in the elderly. The guideline recommends that self-management techniques and practices should be considered in conjunction with other methods of pain management.
REFERENCES SUMMARIZED

Guidelines and Recommendations


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**Guidelines and Recommendations – Alternate Population**


**Systematic Reviews and Meta-analyses**


