Pathway for the Pain Module of the AO Trauma Orthogeriatrics App

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Responsible use of phones and tablets: These devices are a potential source of infection, distraction, and patient dissatisfaction. Consult your hospital regulations before using devices in the clinical setting.

Perioperative pain management in older adults with a fracture

Preoperative
- Continue protocol/existing medication
- Reassess every 30 min until surgery
- Offer immediate analgesia
- Strong opioid (IV route) is first choice
- Consider local analgesia (nerve block)
- Adapt for analgesic pretreatment
- Analgesic medication options
  - Hydromorphone
  - Morphine
  - Fentanyl
  - Acetaminophen/paracetamol
- Stop and avoid NSAIDs
- Reassess pain, adverse effects of treatment every 30 min until surgery

Postoperative
- Continue protocol/existing medication
- Reassess pain, adverse effects of analgesia on routine basis (at least once a day)
- Consider reduction of medications
- Offer immediate analgesia
- Strong opioid (IV route) is first choice
- Consider local analgesia (nerve block)
- Adapt for analgesic pretreatment
- Analgesic medication options
  - Oxycodone
  - Hydromorphone
  - Acetaminophen/paracetamol
  - Morphine (if eGFR >35 mL/min)
- Consider nonpharmacological interventions
- Monitor and address opioid-associated adverse effects
  - Constipation, nausea, drowsiness
- Clinical workup regarding source of pain
  - Check recommended dosage
  - Is patient receiving treatment as prescribed?
  - Is patient on unknown pretreatment?
- If pain persists: use multimodal approach, involve pain specialist

Assessment tools
- Major cognitive impairment
  - Numeric rating Scale (NRS)
  - PAINAD (in dementia)
- Minor cognitive impairment
  - Numeric Rating Scale (NRS)
  - Visual Analog Scale (VAS)

Has pain control been achieved?

References

Notes (for local protocols, dosages, etc)