

## **Challenges When Managing Pain in the Elderly**

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The pharmacokinetics and pharmacodynamics seen in elderly patients are different and require caution with analgesic use. Examples of important changes will be discussed.

This should encourage us to explore all evidence based non-pharmacological options. A variety of non-pharmacological pain management strategies for the older person are available. These include: movement and physical activity, traditional and complementary approaches and nutrition. The issues of managing pain in those aged individuals with dementia and cognitive impairment will also be briefly discussed.