



Northern Health Palliative Care

Top 10 Tips: Pain in Palliative Care

1. Pain is what the patient says it is.
2. A thorough pain assessment is vital.
3. Use the 'WHO Ladder' and principles to treat pain.
4. Initiate 'Around the Clock' opioids—Titrate as needed.
5. Provide breakthrough doses.
6. Manage opioid side effects.
7. Utilize pain adjuvants as needed.
8. Recognize and manage opioid neurotoxicity.
9. Rotate or reduce opioids when indicated.
10. Consult the Palliative Consultation Team when needed.

References:

NH Palliative Care Program Symptom Guidelines 2nd Ed. (2008) Page 119-143
The Pallium Palliative Pocketbook (2013) Chapter 5