



A British Pain Society Press Release

Date: 28th September 2017

Embargoed Date: Midnight, October 1st 2017

Pain is more common in increasing age

The British Pain Society highlights up to 2 in 3 older adults live with chronic pain in the UK.

‘Pain is a very common problem for older persons, with persistent pain affecting more than 50% of older persons living in the community’ says Dr Andrew Baranowski, President of the British Pain Society. Pain is the most frequently reported symptom by older people and it tends to be constant and of moderate to severe intensity.

The British Pain Society’s ‘PAIN:LESS Campaign’, led by Dr Paul Wilkinson, Consultant in Pain Medicine, aims to raise public awareness of unnecessary and unmanaged pain together with the burden this places on the individual and society.

This month, launched to coincide with the UN International Day of Older Persons on 1st October, the BPS highlights the challenges of managing pain in an ever increasingly older population.

Felicia Cox FRCN, Chair of the Royal College of Nursing Pain and Palliative Care Forum reports that ‘Persistent pain impacts upon quality of life and is associated with sleep disruption, appetite disturbance, cognitive impairment and also limits daily activities.’

‘These problems become more frequent with advancing years, and are often associated with difficulty in conveying the intensity and quality of the pain’ concludes Dr Baranowski. A fundamental principle underpinning effective pain management is a structured to pain assessment, such as that produced by the British Pain Society together with the British Geriatric Society.¹

Over the coming months The British Pain Society will highlight various pain topics and painful conditions to help raise awareness of the scale of the issue, and what more could be done to support those living with pain, with ‘Pain in the Older People’ being the first.

-----End of release-----

¹ https://academic.oup.com/ageing/article/42/suppl_1/i1/9650/Guidance-on-the-management-of-pain-in-older-people



Background information for editors

The British Pain Society

The British Pain Society (BPS) is the oldest and largest multidisciplinary professional organisation in the field of pain within the UK. The BPS aims to make pain visible and to treat it better and is the British Chapter of the International Association for the Study of Pain. It is a registered Charity.

Chronic pain is suffered by over a quarter of the population. It is commonly distressing and can be highly disabling. It is devastating for individuals who suffer it. Many cannot work and lose their jobs.

Treatment of pain is a fundamental human right, yet sadly there is an enormous gap between the care people require and what happens in practice. We also do not know enough about the cause and treatment of pain. Our alliance of professionals works collaboratively with patients and industry partners to advance the understanding and management of pain. We strive to reduce the suffering of people enduring daily pain.

Our multidisciplinary nature is pivotal in making The British Pain Society a uniquely relevant representative body on all matters relating to pain. It aims to promote education, training, research and development in all fields of pain.

The Society is involved in all aspects of pain and its management through the work of the Council, various Committees, Special Interest Groups and Working Parties and via its publications, Annual Scientific Meeting and educational seminars.

British Pain Society PAIN:LESS Campaign

The British Pain Society aims to make pain visible and to treat it better. Pain is the most common reason that people attend their GP and affects 1 in 4 people.

Persistent pain can be a major source of suffering for many and can present in many ways, for example after road traffic accidents, burns and war injuries. Pain also occurs with illnesses such as cancer, arthritis and back problems. Pain is not visible.

Outwardly people may look 'normal' but are left with life-long severe pain that can affect their mood, relationships with family and friends and their ability to work or relax. We strive to help these people.



Useful publications produced by, or in association with The British Pain Society

The British Journal of Pain

British Journal of Pain is a peer-reviewed indexed quarterly British journal with an international multidisciplinary Editorial Board. The journal publishes original research and reviews on all major aspects of pain and pain management. Reviews reflect the body of evidence of the topic and are suitable for a multidisciplinary readership. Content is open access until January 2018. To view all issues, please visit:

<http://journals.sagepub.com/home/bjp>

Guidance on the Management of Pain in Older People (Age and Ageing 2013)

This is an evidence-based clinical guideline published jointly by the British Pain Society and the British Geriatrics Society.

To view a copy, please visit: http://ageing.oxfordjournals.org/content/42/suppl_1.toc

Pain in Older People: Reflections and Experiences from an older person's perspective. Help the Aged. (2008)

The assessment of pain in older people: National Guidelines (2007)

****PLEASE NOTE THIS GUIDELINE IS CURRENTLY UNDER REVIEW****

A joint publication produced by the British Pain Society with Royal College of Physicians and the British Geriatrics Society.

To view a copy of the 2017 draft 2nd edition consultation document please visit:

<https://www.britishpainsociety.org/publication-consultations/>

For more information, contact the British Pain Society Media Team on:

Tel: 020 7269 7840 / Email: info@britishpainsociety.org