EULAR Recommendations for the health professional’s approach to pain management in inflammatory arthritis and osteoarthritis: Overarching principles, assessment and treatment; Copyright: Prof. Rinie Geenen

**Overarching principles**
- Patient-centred framework
- Bio-psychosocial perspective
- Knowledge of inflammatory arthritis and osteoarthritis
- Differentiate localised and generalised pain

**Assessment**
- Patient needs, preferences, priorities
- Pain characteristics
- Previous and ongoing pain treatments
- Inflammation and joint damage
- Pain-related (bio-psychosocial) factors that might need attention

**Treatment**
- Personalised pain management plan including one or more treatment options (shared decision-making)
- Step approach: Education → Specific treatment options → Multi-disciplinary treatment

- Physical activity and exercise
- Aids and assistive devices
- Psychological and social interventions
- Sleep interventions
- Weight management
- Pharmacol. & joint-specific management