

# I'm Older But Not Old

A Positive Ageing Forum presented by  
Aged Care Psychiatry Service

Eastern Suburbs Mental Health Service  
South Eastern Sydney Local Health District

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# **Dealing with Pain**

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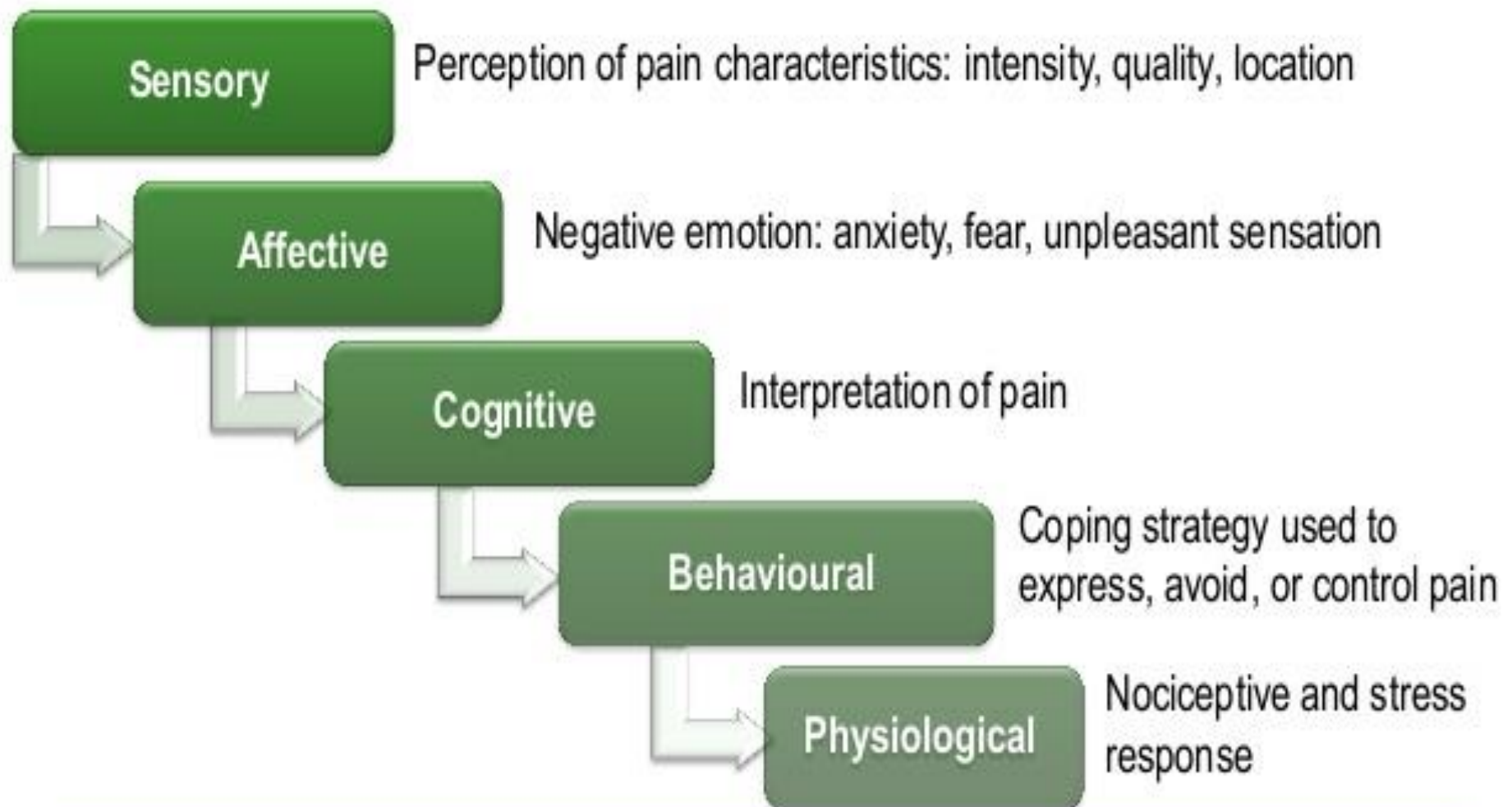
- **50% of older people living in community setting and up to 80% of those in institutional settings report persistent pain (Gagliese & Melzack 1997).**
- **Common diagnoses include osteoarthritis, degenerative joint disease, rheumatoid disorders, post-herpetic neuralgia, fibromyalgia, and diabetic neuropathy (Elliot et al 1999).**



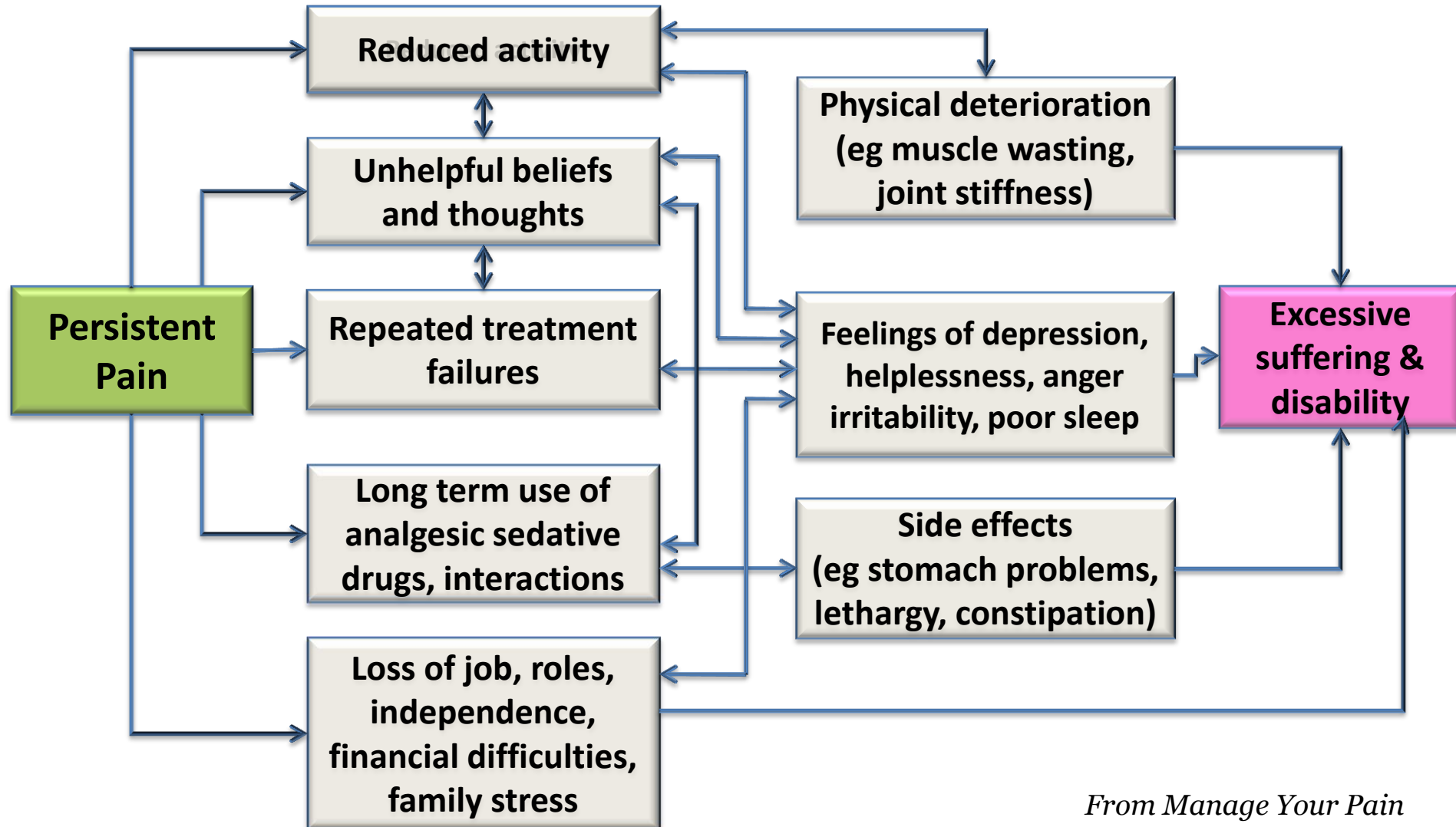
- **Under-recognized and under-treated in older adults in all health care settings (Gibson 2007).**
- **This often leads to adverse consequences such as high levels of emotional distress, increased risk of falls, cognitive impairment, impaired social and recreational functioning, increased health cost and reduced quality of life (Kaye et al 2010, Gibson 2007).**

# Components of pain

## Experience of pain includes:

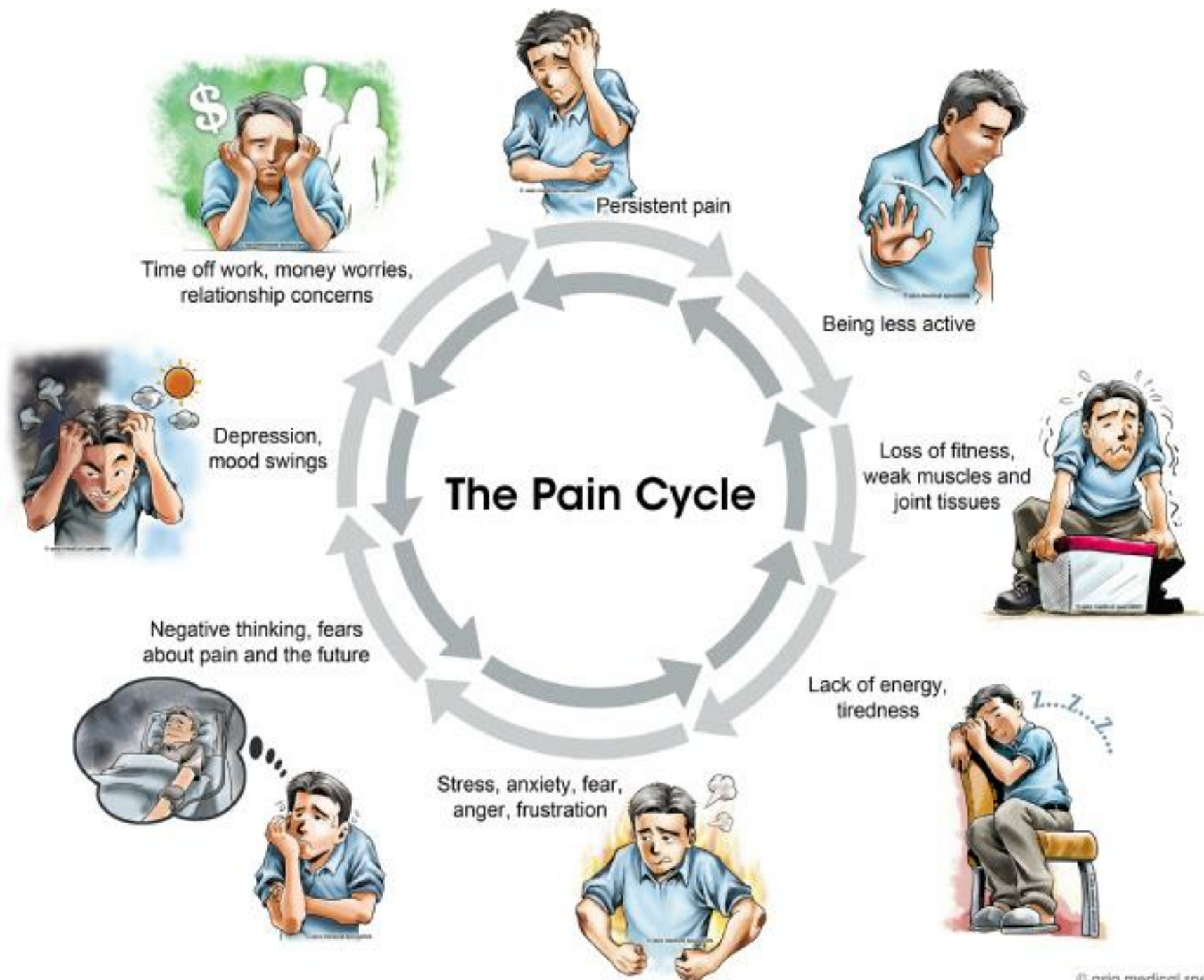


# Impact of Persistent Pain



*From Manage Your Pain*





Biological/physical

Manage other  
conditions

Healthy lifestyle  
pacing

Increase  
fitness &  
muscle  
strength

Psychological

CBT to change  
negative  
thoughts and  
overcome  
fear

Treat  
depression  
& anxiety

Social

Family  
relationships

Increase activities  
through pacing

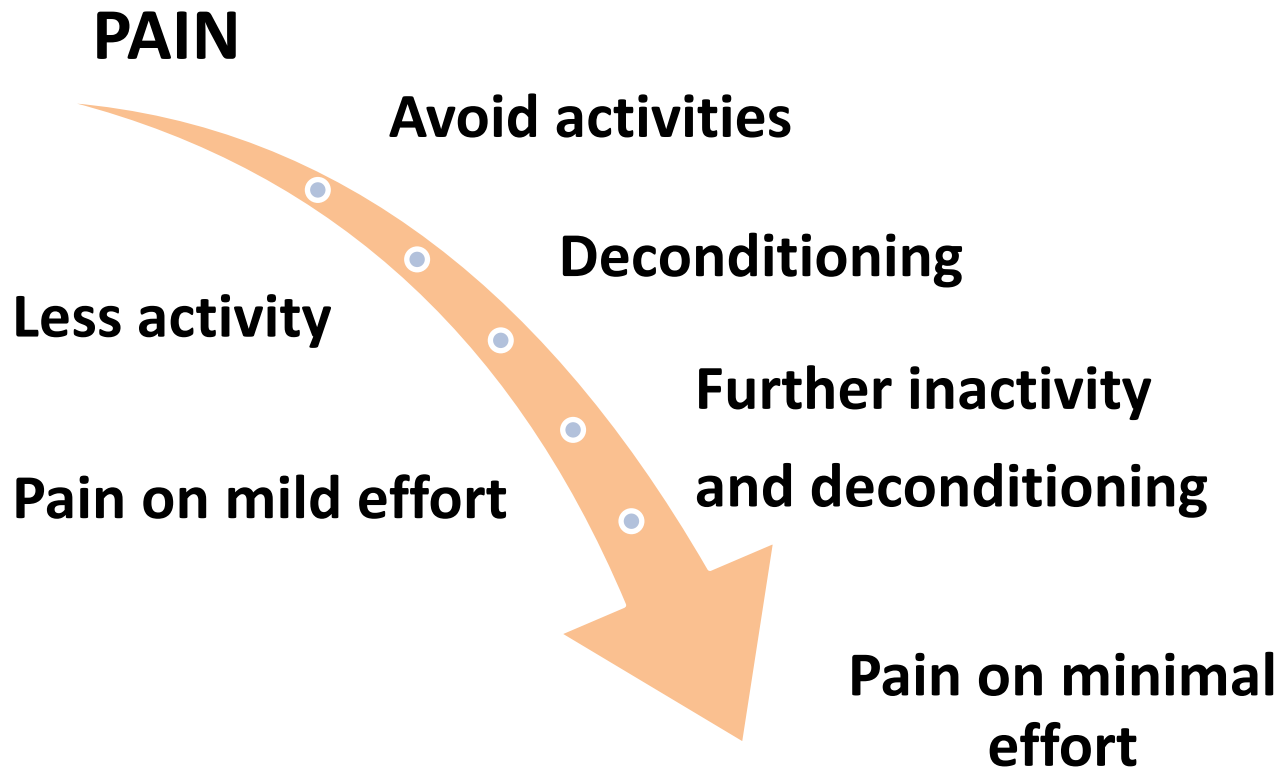
Relaxation

Join support  
group

Self  
management

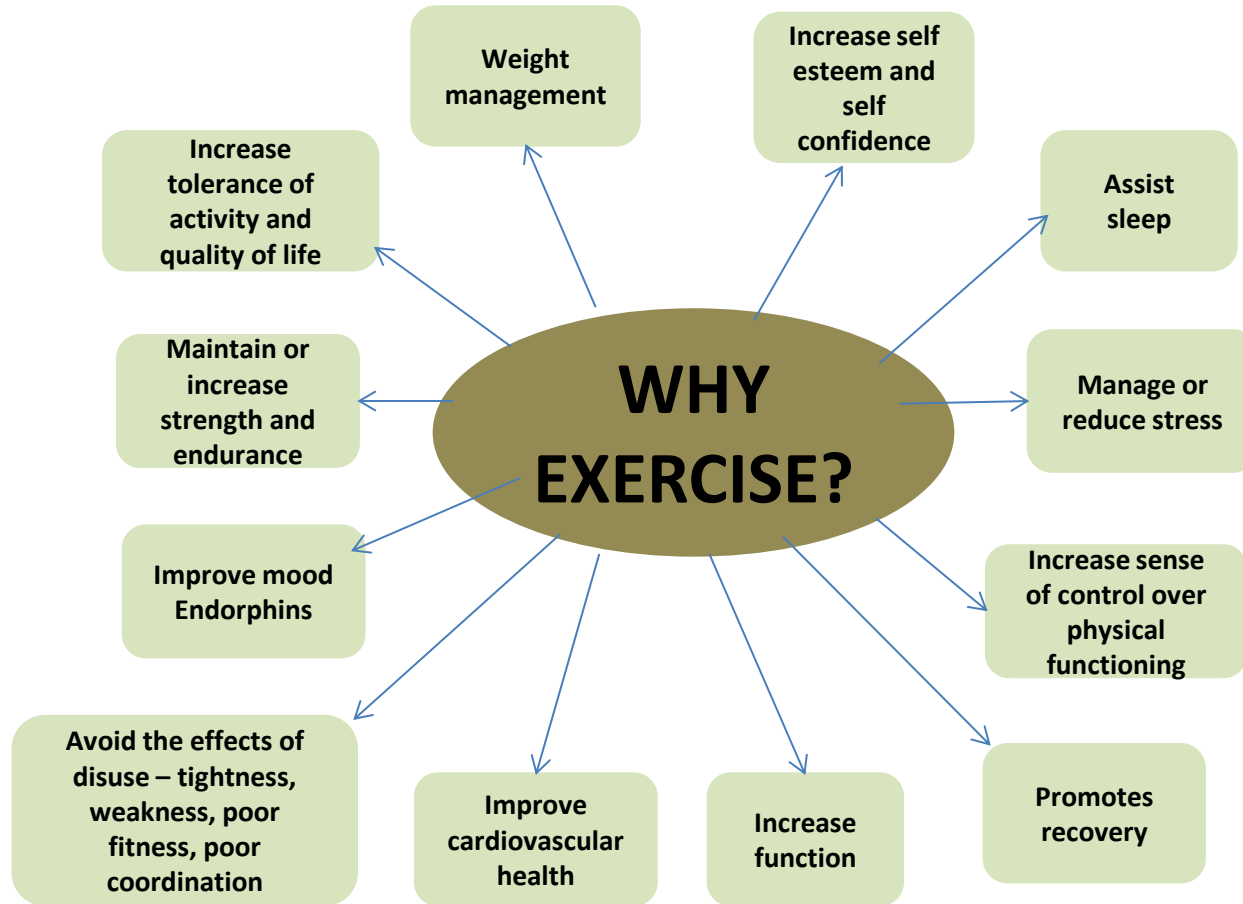


# The Downward Spiral



(Nicholas et al, 2000; Smeets et al, 2006)

# Why Exercise?

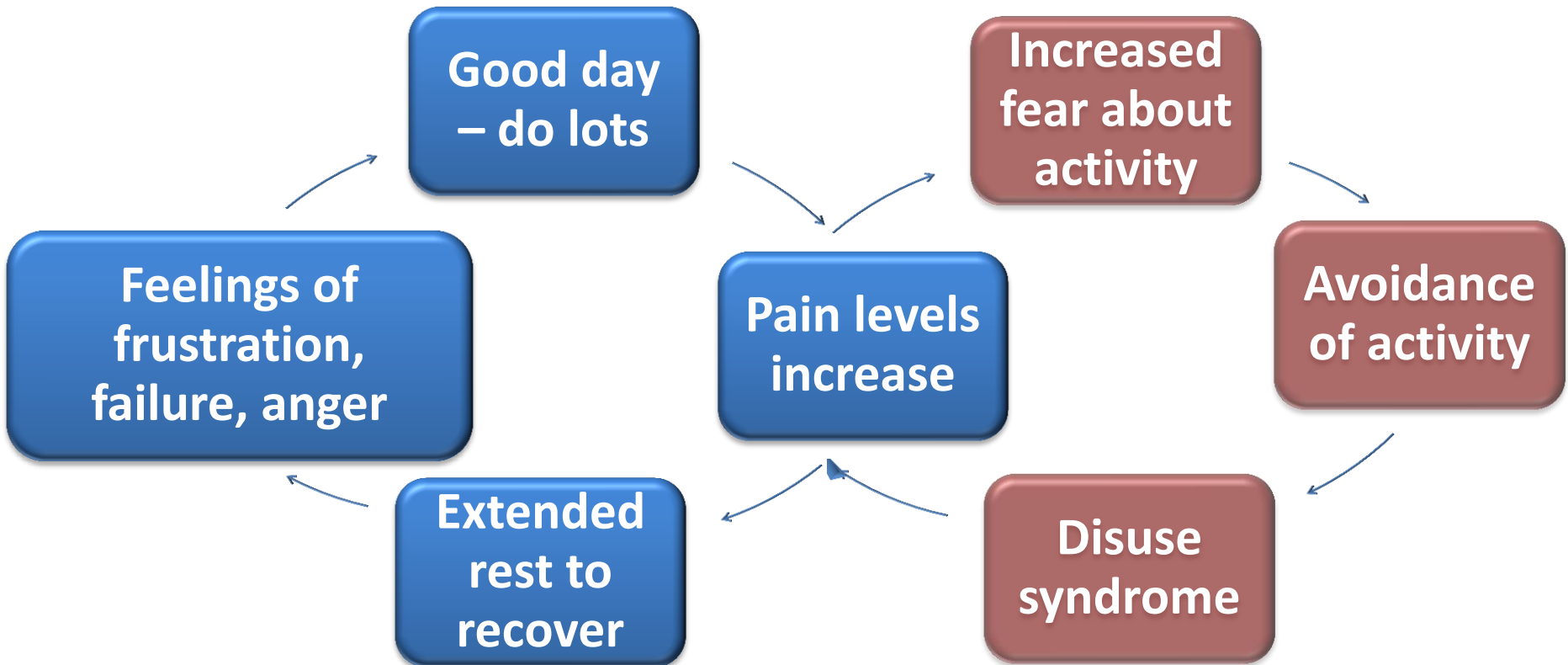


# The 5 Ps

1. Planning
2. Prioritising
3. Pacing
4. Progressing
5. Persistence



# Pacing – Boom-Bust Cycle



<b>Avoidant</b>	<b>Pacing</b>	<b>Overdoing</b>
<b>Stop when pain increases</b>	<b>Stop when time limit reached</b>	<b>Stop when task complete</b>
<b>Avoid pain-related activities</b>	<b>Break activity into small parts</b>	<b>Do whole activity at one time</b>
<b>Long periods of inactivity</b>	<b>Alternate rest and activity</b>	<b>Do not take breaks</b>
<b>Low level of overall activity</b>	<b>Steady level of activity</b>	<b>Variable level of activity</b>

(Cane et al., 2013)

# **Thoughts can be barriers to good pacing**

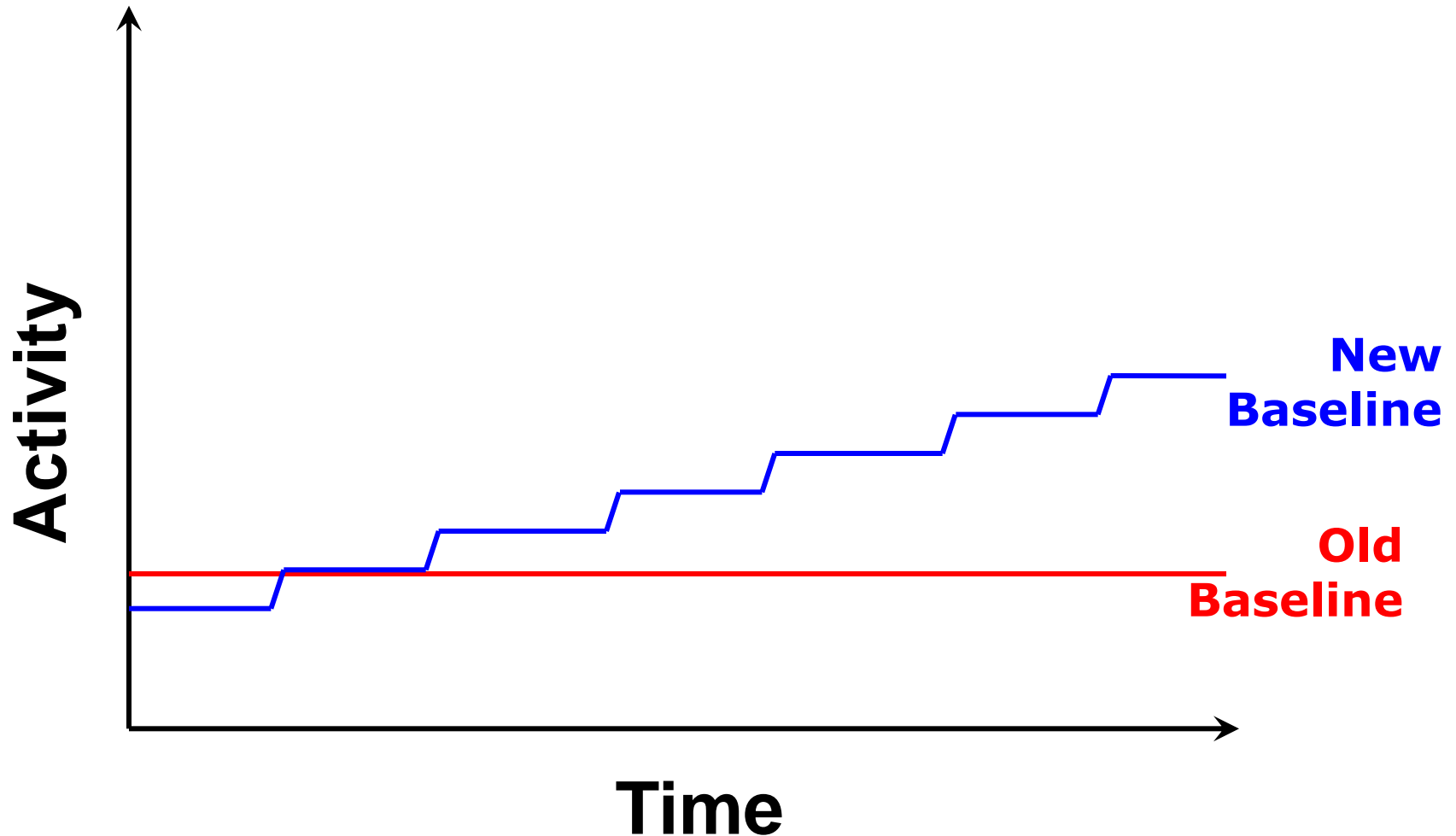
## **Lack of Acceptance**

- I should be able to mow the lawn in one go
- This pain is not going to beat me, I am going to ignore it and push through
- I have to keep going when my pain is low

## **Fear Avoidance**

- What's the point of trying, I always end up worse than when I started
- I have to be very careful not to increase my pain
- Pain means I am damaging my body

# Progressing – Graded Exposure





# Communication styles

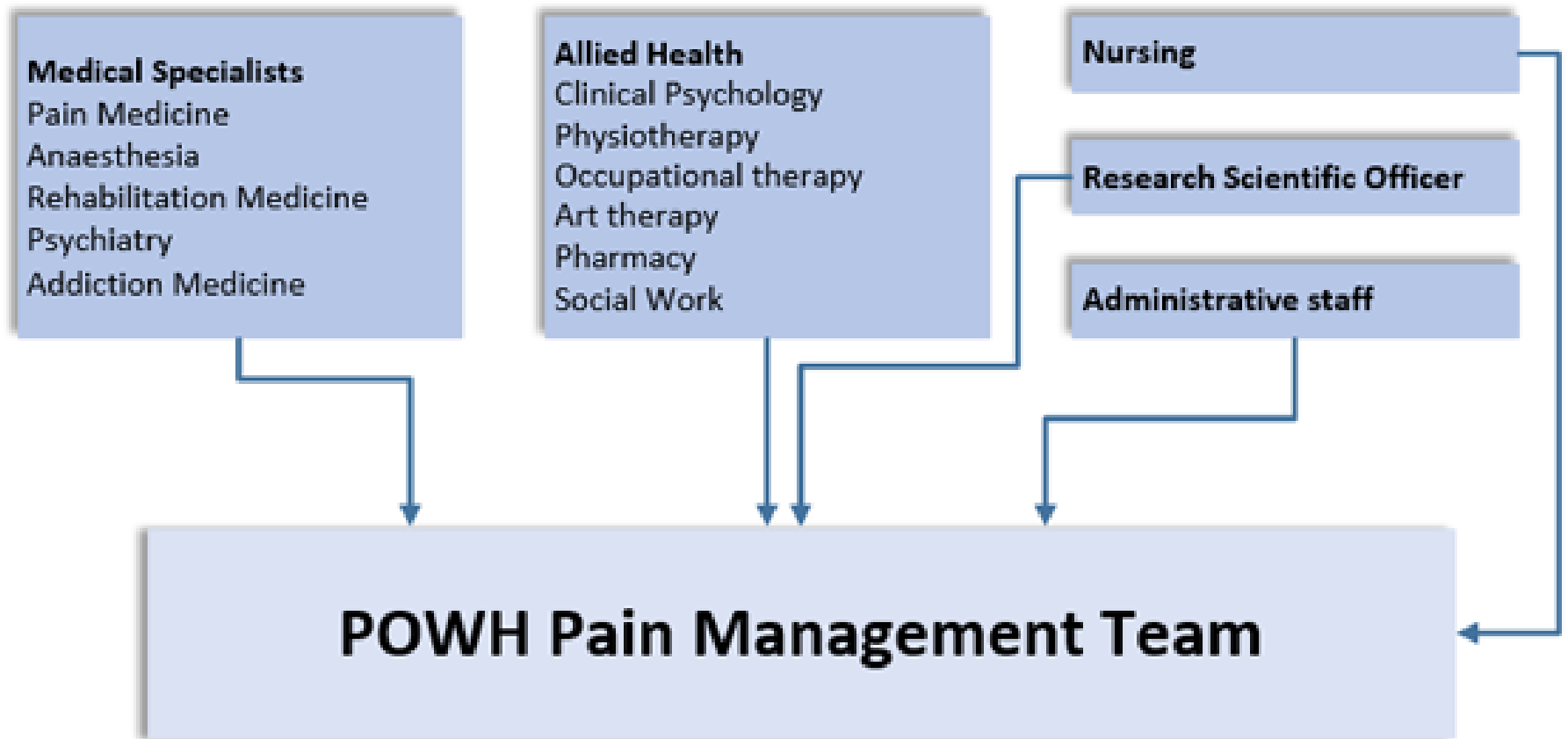
Passive	Assertive	Aggressive
Thinking your needs don't matter at all	Recognising that your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or not saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships – other people respect you less	Enhances relationships – other people know where they stand	Damages relationships – other people don't like aggression
Damages your self-esteem	Builds your self-esteem	Damages others' self-esteem

# **Effective communication**

- **Enhances**
  - **Understanding**
  - **Respect**
  - **Good will**
- **Others are not**
  - **Confused**
  - **Threatened**
  - **Intimidated**
- **Increases the chances of your own needs being met**

# Why set goals?

- **Goals give us:**
  - **Direction**
  - **Motivation**
  - **A sense of accomplishment**
  - **A feeling of control**
  - **A reason to get out of bed**
- **Focus your energy on the things you *can* do**



**Tony Hollins, Clinical Psychologist**

**Skye Pailthorpe, Physiotherapist**

