

Workshop 4



SIP

Societal Impact of Pain

**Pain – Healthy Ageing;
Pain, Ethics and
Society**

**European Parliament,
Brussels
3 & 4 May 2011**

WS 4: Pain - Healthy ageing

Chairman

Gay Mitchell MEP

Secretary

Guenter Danner

Moderator

Katharina Pils

Reporter

Cornelius Erbe

The presentations

XXXXXXXXXXXXXXXX

XXXXXXXXX XXXXXXXXX

Summary

- Healthy ageing and prevention – informal care givers suffer from many problems (stress, health problems, back pain, social/financial problems, etc.)
- Pain in elderly patients often caused by musculoskeletal degeneration/diseases – WHO scheme not adequate
- Care for the elderly lacks in interdisciplinary approaches to offer adequate treatment
- Pharmacotherapy within palliative care too dominant, little transparency regarding other therapeutic options
- Education and training seems to be a neglected area

Consensus: We need...

- ... better support for informal and formal care givers as they are ageing, too: supporting their work and their health status
- ... more non-pharmaceutical therapeutic approaches (physiotherapy, nutrition, physical therapy, etc.) to treat pain in the elderly
- ... innovative models of integrated care specifically designed for the elderly
- ...no pain killing, but pain regulation and control of symptoms in palliative care
- ... better education and training (knowledge, personal skills, etc.) for formal and informal care givers

Take home message

- Pain should not be accepted as an inevitable consequence of ageing!