HALEON
Pain Management Institute

Age tailored pain treatment guide

Ask: How old are you?

Assess the risks and benefit associated with patient's age groups? prior to prescribing medications for pain.

Children
(0-18 years)

Cognitive age: varying pain perception and expression in children leads to inadequate pain assessment[1]

Dose adjustment of analgesics is recommended according to the weight of each child[2]

Adult
(19-64 years)

Pain acceptance: when in pain young adult feels more emotional suffering, lifestyle disruption, frustration and anger due to inability to perform their daily task[3] may lead to inadequate pain assessment.

Elderly
(65+ years)

Pain in older adults is common and management is often more complex because of polypharmacy, changes in pharmacodynamics and cognitive and functional declines[4]

With oral NSAIDs concurrent proton pump inhibitor use suggested to minimize Gastrointestinal adverse events[5]

References:
1. Andersson, V., Bergman, S., Henoch, I. *et al.* Pain and pain management in children and adolescents receiving hospital care: a cross-sectional study from Sweden. *BMC Pediatr* 22, 252 (2022). **2.** Doria M et. Al. Paracetamol and Ibuprofen in the Treatment of Fever and Acute Mild-Moderate Pain in Children: Italian Experts' Consensus Statements. Children (Basel). 2021 Sep 30;8(10):873. **3.** Joseph L et. al. The stages of pain processing across the adult lifespan, The Journal of Pain, Volume 1, Issue 2, 2000, Pages 162-170. **4.** *MEDICAL BOARD OF CALIFORNIA. GUIDELINES FOR PRESCRIBING CONTROLLED SUBSTANCES FOR PAIN. JULY 2023* **5.** Puledda F, Sacco S, Diener H-C, et al. International Headache Society global practice recommendations for the acute pharmacological treatment of migraine. *Cephalalgia.* 2024;44(8).

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OTC analgesics for pain treatment across age groups

	Paracetamol	Paracetamol combination	Oral NSAIDs	Topical NSAIDs
Age groups	Paracetamol is antipyretic and analgesic medication is suitable across age groups , also recommended for pain management *when NSAIDs are contraindicated. It is best used for -	Paracetamol combinations with other analgesics such as †Oral NSAIDs OR ‡ topical NSAIDs OR Opioids have superior effectiveness compared to single agents. It is best used when pain intensity increases for- -	Oral NSAIDs such as Ibuprofen, Diclofenac, Naproxen etc. are anti-in-flammatory analgesics are advised to co prescribed with a proton pump inhibitor to overcome GI bleeding risk. Oral NSAIDs is best used for-	Topical NSAIDS for e.g. Diclofenac, indomethacin in the form of gel, spray, patch or plasters have low systemic exposure. Topical NSAIDs are best used for-
Children (0-18 years)	✔ Fever and mild to moderate Pain[1], sore throat pain[2], Dental pain[4*], TTH[10] and Acute Migraine[3,10]	✔ Dental pain[4†]	✔ Dental pain[4], Migraine[6], Sore throat pain[2], TTH[10], Fever and mild to moderate Pain[1]	✔ NA
Adult (19-64 years)	✔ Acute migraine[6*], Knee OA5, Sore throat pain[2], Dental pain[4*], fever and mild to moderate pain[1], and LBP[8]	✔ Dental pain[4†], LBP[13†], Migraine[14†] and MSK pain[7,15‡†]	✔ Dental pain[4] Migraine[6], Knee OA[5], Sore throat pain[2], TTH[10] , LBP[8] and PD[16]	✔ MSK pain[7], Knee OA[5] and acute LBP[9]
Elderly (65+ years)	✔ Fever and mild to moderate pain[1], Knee OA[5], Dental pain[4*], Sore throat pain[2], TTH[10],LBP[8], Migraine[3] and MSK[11]	✔ Dental pain[4†], and MSK Pain[7,15‡†]	✔ Dental Pain[4], Knee OA[5], Sore throat pain[2], TTH[10], LBP[8] and Migraine[3]	✔ MSK pain[7], Knee OA[5] and acute LBP[9]
	✔ Avoided or dose adjustment needed in elderly[12] or patient with hepatic impairment , renal impairment, also in patient with severe alcohol use.	✔ See individual medica-tions e.g. paracetamol or other active ingredients used in the combinations thereof.	✔ Avoided in elderly[12] or Patients with: • Known hypersensitivity or allergy • Asthma, angioedema, urticaria, or acute rhinitis • Active gastric or intestinal ulcer • Severe cardiac failure • Hepatic failure • Renal failure • Last trimester of pregnancy	✔ Avoided in patients with: • Known hypersensitivity • Asthma, angioedema, urticaria, or acute rhinitis • Risk of skin sensitivity • During the last trimester of pregnancy
	Max dose: *4000 mg/kg, 2000 mg/kg (elderly or patient with kidney impairment)*	***Max dose:*** *4000 mg/kg, 3000 mg/kg (elderly or patient with kidney impairment)*	***Max dose:*** *Ibuprofen: 1200 mg/day; Naproxen 1000mg/day; Diclofenac: 150mg/day.*	***Max dose:*** *Diclofenac 1% or 3% gel: Apply 3-4 times/day up to 7 days[9]*

Abbreviations:
MSK: Musculoskeletal;
OA: Osteoarthritis;
LBP: Low Back pain;
TTH: Tension type headache and
PD: primary dysmenorrhea

Text: First-line | **Text: Second line** | **Text: Suitable for**

Selection of OTC medication:
Pain relief medications vary widely in their suitability across different age groups.

Haleon Pain portfolio covers all age groups

Children	Adult	Elderly
1. Panadol Syrup 2. Panadol Advanc	1. Panadol extend 2. Panadol Extra 3. Voltaren 1% Emulgel	1. Panadol extend 2. Panadol Extra 3. Voltaren 1% Emulgel

Use OTC cautiously in case of:

1. Other concurrent medications, including natural remedies
2. Pre-existing medical conditions
3. Smoking/alcohol consumption
4. Patient >65
5. Allergies

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1. Doria M et. Al. Paracetamol and Ibuprofen in the Treatment of Fever and Acute Mild-Moderate Pain in Children: Italian Experts' Consensus Statements. Children (Basel). 2021 Sep 30;8(10):873.
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