RECOGNIZE

• Ask and look

ASSESS

• Severity?
  o Measure at rest
  o Measure with movement

• Type?
  o Acute / chronic
  o Cancer / non-cancer
  o Nociceptive / neuropathic / mixed

• Other factors?
  o Physical
  o Psychological

TREAT

• Non-drug treatments – for both nociceptive and neuropathic
  o Physical (e.g. rest, ice, elevation, physiotherapy, massage)
  o Psychological (e.g. reassurance, explanation, counselling)

• Drug treatments – nociceptive
  o Consider paracetamol, NSAIMs, tramadol, codeine, morphine
  o Use combinations (e.g. paracetamol, NSAIM, opioid)
  o Use IV morphine for acute, severe pain

• Drug treatments – neuropathic
  o Consider tramadol, tricyclic antidepressant (e.g. amitriptyline) or anticonvulsant (e.g. gabapentin)

REASSESS

• Is your treatment working?
• Repeat the RAT!

www.essentialpainmanagement.org