

## **PRESCRIBING PAIN MEDICATION ACCORDING TO THE WHO-PAIN LADDER**

HOUSSAM - EDINE (a student from Tunisia) says that “PAIN is an unpleasant sensorial and emotional experience, a subjective sensation (linked to a pain message sent by the nervous system) which we have all encountered. Pain, mostly cancer related pain, is a matter of public health.”

Abdallaoui (a student from France) describes pain by referring to the WHO scale and notices how pain is being treated with increasingly stronger sedatives. On the first level of the WHO scale there is the less intense pain (1-4) which may be alleviated with light analgesics such as Paracetamol, anti-inflammatory drugs, aspirin etc. Then, there is the more intense pain (4-8) which responds to Codein etc. For the next levels, such medication no longer works, so morphine is used either intravenously or orally. Level III+ requires varied techniques including specific uses of morphine, stimuli or pain surgery.

### **Topics for Forum:**

- ! Each of us experiences pain. What was the strongest pain you can remember having and how did you treat it?
- ! Place your own pain experience on the WHO scale.
- ! Have you ever had the opportunity, as future doctors, to medicate against pain people who required your help?