



## GENERAL PAIN

Proposed Management of Allergic Rhinitis on Medical Missions in Resource-Limited Settings

### Case definitions

*General pain:* General musculoskeletal pain

*Nonspecific back pain:* Nonprogressive back or neck pain

*Nonspecific headache:* Nonprogressive headache

*Osteoarthritis:* Chronic (>1 month) pain in one or multiple joints

*Consider hospital referral for the following symptoms:*

*General pain:* Obvious distress or functional disability

*Nonspecific back pain:* Cauda equina symptoms or difficulty ambulating

*Nonspecific headache:* Abnormal neurologic exam

*Osteoarthritis:* Signs of rheumatoid arthritis on physical exam or predominant morning stiffness

### Clinical management

*General pain and osteoarthritis:* ACE wraps (for knee supports), stretching activities and analgesic creams, consider physio referral

*Nonspecific back pain:* Massage neck daily, improve postural mechanics, roll towel and put in the small of the back when sitting

*Nonspecific headache:* consider dental caries, vision problem

### Pharmacologic management

Tylenol 650mg po q4h prn

*Adapted from:*