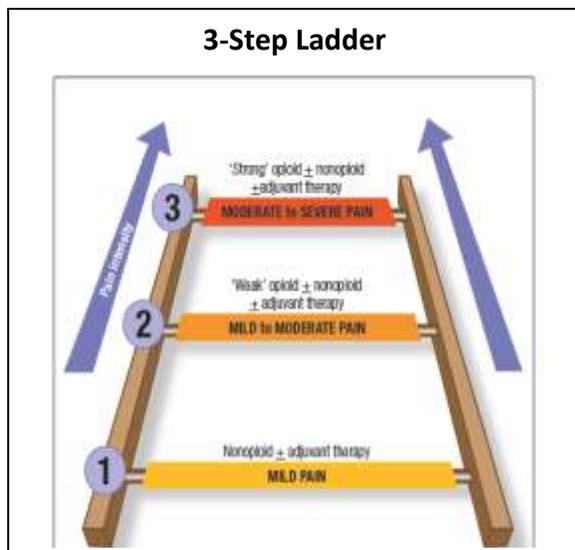


WORLD HEALTH ORGANIZATION PAIN TREATMENT 3-STEP LADDER
“GOLD STANDARD”

Lost in all the controversies over opioids is that there is a long-time standard for opioid prescribing in medical practice called the “3-Step Pain Treatment (Analgesic) Ladder.”

In 1982-1986 the World Health Organization (WHO) developed the ladder to help physicians and persons with pain find adequate care regardless of the cause of pain. The long-time humanistic belief of the WHO (and ours) is that no person should suffer severe pain by being deprived of medical treatments. In our view the WHO 3-step ladder is the “Gold Standard” of pain treatment and no regulation or guideline has replaced, superseded, or substituted for this humane, common sense clinical approach.



Examples in Each Step

Step 3- Hydrocodone, Morphine, Oxycodone, Hydromorphone, Fentanyl, Methadone

Step 2- Tramadol, Codeine, Buprenorphine, Kratom

Step 1- Physical measures, topicals, anti-inflammatory, electro-magnetic/electric therapy, nerve-blocking agents, hormones, cannabinoids

Note that the ladder is additive in that treatments aren’t dropped as one goes up, they are added.



Persons with constant and/or IPS (constant pain with cardiovascular and endocrine/hormonal abnormalities) need to catalogue, in writing: time, date, place, and outcome they have had in each step of the ladder. Present this written history to your medical practitioners.

Reference: Reid C, Davies A. The World Health Organization Three-Step Analgesic Ladder Comes of Age. *Pall Med.* 2004;18(3):175-176.

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This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.