



OANHSS

LTCHA Implementation
MEMBER SUPPORT PROJECT

**Appendix H:
Pain Assessment and
Management Training**
“Where does it hurt?”

Audience: Unregulated Staff

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Ontario Association of Non-Profit Homes & Services for Seniors

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Objectives

- To improve and maintain a resident's optimal functional level and quality of life
- To optimally control pain for all residents
- To reduce incidence of unmanaged pain
- To ensure best practice interventions for residents with pain
- To monitor and track trends related to pain management

Myths About Pain and the Elderly

- Pain is a normal part of aging
- The elderly perceive pain to a lesser degree or sensitivity than young people
- If an elderly person does not complain then they are not in pain
- Elderly patients should receive lower morphine doses than younger patients

Research Says

- Approximately 25% of Canadian's suffer from chronic pain
- Chronic pain becomes more common as people get older
- 50% of Canadian's take analgesic for chronic pain
- 45-80% of nursing home residents have substantial pain
- 25-26% of residents with daily pain receive no analgesia

Definition of Pain

“Pain is what the patient say it is, and exists whenever the patients says it does” McCaffery & Pasero (1979)



Pain

An unpleasant ***subjective*** sensory and emotional experience that is associated with ***actual*** or ***potential*** tissue damage, or described in terms of such damage.

RAI-MDS Definition: Pain that is reported is unrelieved pain. If the resident does not have any pain due to pain management, then it is coded as “0” for no pain.

Words Used to Describe Pain

Can You Think of Any ?

Discomfort

Hurt

Soreness

Burning

Pressure

Types of Pain

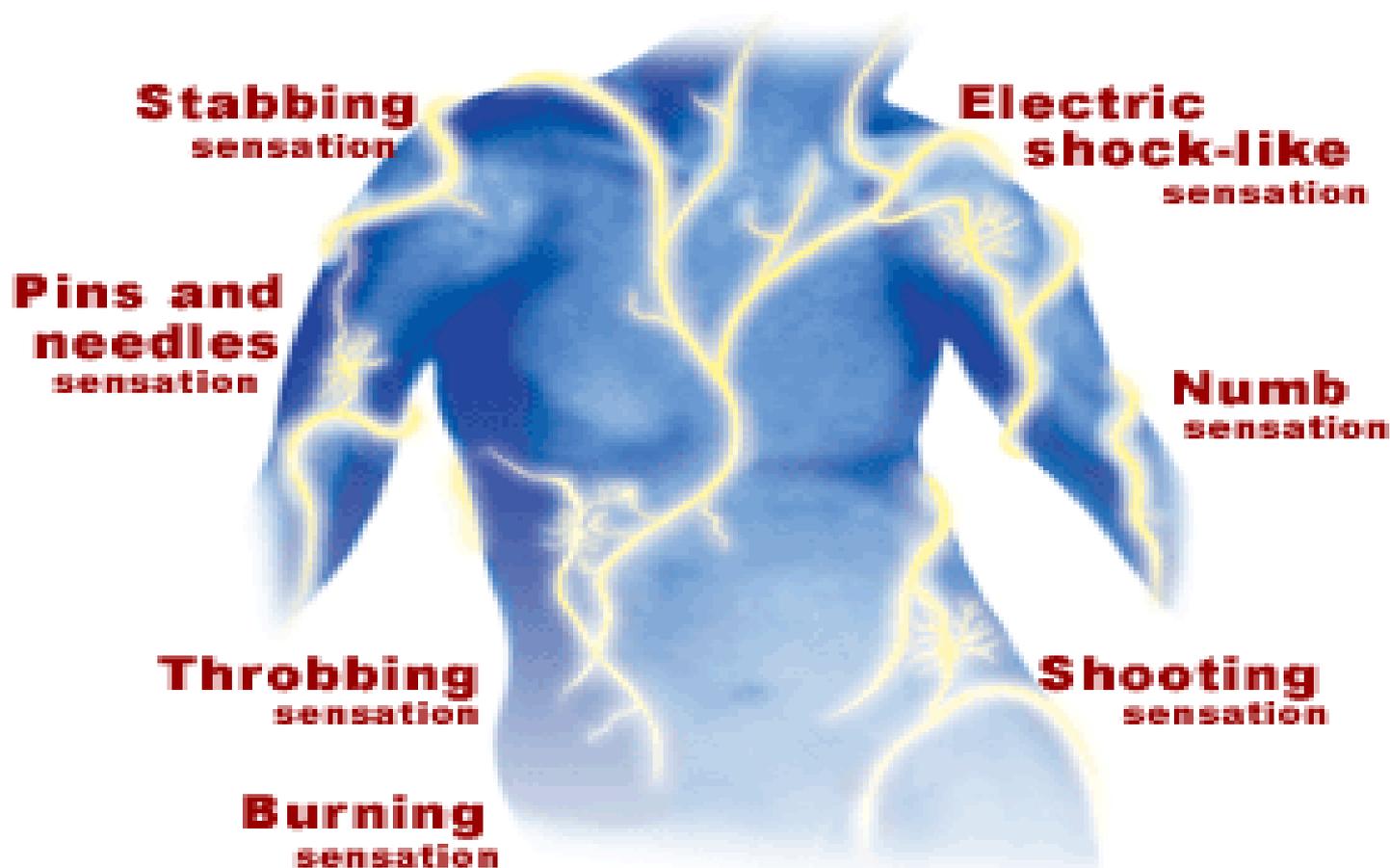
- 1) Acute Pain:** sudden onset, lasts less than 3 months or usual time of healing. Can range from mild to severe. Decreases with time.
- 2) Chronic Pain:** persist after healing occurs. Pain can be disabling and accompanied with depression and anxiety.

Types of Pain...cont`d

3) Neuropathic Pain: Pain that is initiated or caused by a primary lesion or dysfunction in the nervous system (Central Nervous System & Peripheral Nervous System)-stimuli abnormally processed by the nervous system.

Neuropathic pain is usually described as sharp, burning, or shooting and is often associated with other symptoms such as numbness or tingling in the affected area.

Neuropathic Pain Described...



Your Role in Managing Pain

During routine care, ask the resident about the presence of pain, ache or discomfort.

Be aware of and observe behaviours that can indicate discomfort/pain:

- ✓ Facial Expression (frowning, tightly closed eyes, grimacing)
- ✓ Body Language and Movement (fidgeting, rocking, rigid posture)
- ✓ Behaviour (sleeplessness, decreased appetite, mood swings, wanting to sleep all day)

Your Role in Managing Pain

...cont`d

- Report resident verbalizations and behaviours indicative of discomfort/pain
- Follow the care plan interventions for managing pain
- Share with team members the interventions that are most effective for the resident
- Record the presence of pain on the resident flow sheet

Pharmacological & Non-Pharmacological Approaches

Pharmacological - Physician and Pharmacist



Non-Pharmacological Approach to Managing Pain

- Exercise
- Transcutaneous electrical nerve stimulation (TENS)
- Heat/Cold
- Relaxation Therapy
- Massage
- Acupuncture
- Behaviour Therapy

Exercise



- ✓ Exercise improves your mood
- ✓ Exercise combats chronic diseases
- ✓ Exercise promotes better sleep
- ✓ Exercise boosts your energy level

Transcutaneous Electrical Nerve Stimulation



(Acronym TENS) is the use of electric current produced by a device to stimulate the nerves for therapeutic purposes. TENS by definition covers the complete range of transcutaneously applied currents used for nerve excitation, although the term is often used with a more restrictive intent, namely to describe the kind of pulses produced by portable stimulators used to treat pain.

Thermal Treatment



Relaxation Therapy



Distraction and Imagery:

Redirection on something and away from pain.



Structure technique that uses the resident's own imagination to develop sensory images that divert focus away from the pain sensation and emphasize other experiences and pleasant memories.



Relaxation: Aim is to free resident's anxiety and muscle tension. Requires a quiet environment (guided breathing, meditation).

WORKING TOGETHER TO EASE THE PAIN

