MODULE V
Pain

Objectives

- Define pain.
- Explain the role of the nurse aide in pain management.

Pain - Definition

“Anything the patient says it is, occurring whenever the patient says it does.”
### Pain – Importance

Believing what the patient says will lead to more effective evaluation and treatment of pain

### Pain – Facts

- Pain may come with aging but people do not have to live with it
- Pain is significantly under-reported in nursing facilities
- In nursing homes, many experience pain
- Nurse aides commonly underestimate pain
- Under rating and under-treating pain can be neglect, negligence, or abuse
- Nursing homes that do not manage pain properly will be cited
Reactions to Pain

- Religious beliefs and cultural traditions affect pain
- Men and women may report pain differently

Acute Pain

- Temporary
- Usually comes on suddenly
- Goes away when healing is complete

Serves a purpose
- Obvious when people are in acute pain
- Acute pain can rev up the body
Chronic Pain

- Considered long-term
- Gradual onset
- No purpose
- Diagnosing cause can be complicated
- Source of chronic pain may not be obvious
- May seem depressed

Common Causes of Pain

Pain – Effects

- Giving up hope
- Depression
- Anxiety
- Withdrawal
- Change in appetite
- Decrease in activities
- Inability to sleep
Pain – Effects

- Restlessness/agitation
- Refusal to participate
- Suicide
- Negative effect on immune system
- Risk for injuries, falls or accidents

Pain – Use of Medications

Nurse aide reports complaints of pain to nurse so nurse can assess and medicate if appropriate

Pain – Nurse Aide’s Role in Management

Nurse aides play an important role in pain management
Comfort Measures – Nurse Aide’s Role

- Supportive talk
- Gentle touch
- Music
- Soft lighting
- Noise
Comfort Measures – Nurse Aide’s Role

- Warm or cold packs
- Massage
- Re-positioning
- Soothing activities
- Prayer and spiritual support

Comfort Measures – Nurse Aide’s Role

- Listening
- Conversation
- Favorite foods or drinks
- Personal cleanliness
- A walk
- Reminiscing

Care of the Resident Who is Cognitively Impaired and in Pain

- Observe for signs of pain
- Report observations
- When something works, let others know
- Work as a team with others
The End