

Think About It!

Up to 80% of residents living in long-term care facilities suffer from pain. Although aging contributes to the likelihood of pain, effective assessment and management can ensure good quality of life.

Pain Assessment

The first step in assuring quality pain care is good and appropriate pain assessment.

- Fine tune pain assessments for verbal and nonverbal residents
[Pain Assessment Tools for Cognitively Intact Older Adults](#)
[Recommendations for Assessing Pain in Cognitively Intact Older Adults](#)

- [Pain Assessment Tools for Cognitively Impaired Older Adults](#)
[Recommendations for Pain Assessment in Cognitively Impaired Older Adults](#)

Comprehensive Pain Assessment Form

- Train all staff to recognize and report pain
- Review pain assessment tools with the IDT
- Assess resident's goals and his/her satisfaction with their current level of pain

Pain Treatment

Planning and implementing an effective plan of care for pain requires knowledge and interdisciplinary team involvement.

- Expand and individualize nonpharmacological options

Nonpharmacological Treatments

Cold	Distraction	Music
Controlled	Exercise	Positioning
Breathing and	Heat	Relaxation
Guided Imagery	Massage	

- Learn resident pain goals
- Empower nurses to give prescribers pain recommendations
- [Pain Management Communication Tool](#) - use this form to communicate to prescribers about a resident's pain issues, including pain assessment, symptoms and treatment
- Appropriately treat pain based on type and location

Monitoring

Monitoring the resident over time helps identify the extent to which pain is controlled, relative to their goals and the availability of effective treatment.

- Monitor for side effects and potential adverse consequences

Side Effects of Opioid Medications and General Approaches to Management

- Monitor and document effectiveness of interventions
- Monitor residents for development of pain-related issues (e.g., changes in sleep patterns and ADL function)

Simple Strategies for Pain Management

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW/HQI/QIN-QIO-86-09/14/21