

# 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

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