

**Best Practice System Summary/Technical Assistance Sheet
Pain Management**

FOCUS AREA: PAIN MANAGEMENT		
Assessment	Care Plan	Outcome
<p><u>Key Elements for Pain Assessment include:</u></p> <p>Comprehensive pain assessments are completed: <input type="checkbox"/> upon admission <input type="checkbox"/> quarterly <input type="checkbox"/> with changes in condition <input type="checkbox"/> in a language the person understands</p> <p>Comprehensive pain assessment documentation includes: <input type="checkbox"/> Predisposing factors - etiology/ diagnosis/cause/condition <input type="checkbox"/> Onset of pain <input type="checkbox"/> Location of pain <input type="checkbox"/> Frequency of pain <input type="checkbox"/> Duration of pain <input type="checkbox"/> Description of pain <input type="checkbox"/> Aggravating factors <input type="checkbox"/> Relieving factors <input type="checkbox"/> Validated pain scale(s) utilized – using pain intensity and/or behavioral pain scales based on individual's cognitive and verbal abilities <input type="checkbox"/> Individual's acceptable level of pain (if able to verbalize) <input type="checkbox"/> Current and previous treatment and results – medications and non-pharmacological interventions <input type="checkbox"/> Impact of pain on individual's physical and psychosocial functioning (ADLs and behaviors)</p> <p>Pain re-evaluations using validated pain scale(s) are conducted: <input type="checkbox"/> Before as needed (PRN) medications are given and at peak-effect of treatment <input type="checkbox"/> Based on the severity and chronicity of the pain (at least weekly) when utilizing routine medications or other non-pharmacological interventions.</p>	<p><u>Key Elements for Care Plans include:</u></p> <p><input type="checkbox"/> A current care plan for pain management with identified predisposing factors</p> <p><input type="checkbox"/> Measurable goals based on the assessment process: Residents who are able to verbalize: <ul style="list-style-type: none"> • Acceptable level of pain • Ability to perform or maintain ADLs/functions Residents who are unable to verbalize: <ul style="list-style-type: none"> • Ability to perform or maintain ADLs/functions • Absent or diminished pain behaviors </p> <p><input type="checkbox"/> Individualized interventions based on the assessment process: <ul style="list-style-type: none"> • Education provided to individuals and/or family/surrogates • Timing/frequency of comprehensive pain assessments and pain re-evaluations • Validated pain intensity/behavioral scale(s) utilized • Individualized non-pharmacological interventions and pain medications ordered • When to notify the physician if pain relief measures are ineffective </p> <p><input type="checkbox"/> Reviewed according to the individual's need with revisions based on changes of condition and/or assessment</p> <p><input type="checkbox"/> Interdisciplinary team involvement in the development of the pain care plan</p>	<p><u>Outcomes include:</u></p> <p><input type="checkbox"/> Individualized interventions identified in the care plan are implemented</p> <p><input type="checkbox"/> Effectiveness of the individualized interventions is monitored and evaluated</p>

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PAIN MANAGEMENT PROVIDER TOOLKIT

<http://www.dads.state.tx.us/qualitymatters/qcp/pain/nursingpain.html>

Nursing Facility Toolkit

- Geriatric Pain: www.geriatricpain.org
- How to Try This: Using Pain-Rating Scales with Older Adults
http://www.nursingcenter.com/lnc/pdf?AID=800535&an=00000446-200807000-00030&Journal_ID=54030&Issue_ID=800472
- How to Try This: Pain Assessment in Older Adults Video http://consultgerirn.org/resources/media/?vid_id=4669429#player_container
- 0-10 Numeric Rating Scale: <http://www.geriu.org/uploads/painDVD/AdditionalMaterials/ZeroToTenPainScale.pdf>
- 0-10 Pain Thermometer <http://www.dads.state.tx.us/qualitymatters/qcp/pain/ThermometePainScale.pdf>
- Iowa Pain Thermometer (IPT): <http://www.dads.state.tx.us/qualitymatters/qcp/pain/iowapain.pdf>
- Faces Pain Scale – Revised (FPS-R): <http://www.dads.state.tx.us/qualitymatters/qcp/pain/facespainscale.pdf>
- Pain Thermometer-VDS: <http://www.dads.state.tx.us/qualitymatters/qcp/pain/ThermometePainScale.pdf>
- Pain Assessment in Advanced Dementia (PAINAD): <http://www.dads.state.tx.us/qualitymatters/qcp/pain/painad.pdf>
- Pain Assessment Checklist for Seniors with Limited Ability to Communicate (PACSLAC):
http://www.geriatricpain.org/Content/Assessment/Impaired/Documents/PACSLAC_Tool.pdf
- Discomfort Scale for Dementia of the Alzheimer's Type (DS-DAT): <http://www.dads.state.tx.us/qualitymatters/qcp/pain/dementiapainscale.pdf>
- Pain Scale Determination Process: <http://www.dads.state.tx.us/qualitymatters/qcp/pain/painscaledeterminationprocess.pdf>
- Pain: Nursing Home Communication with Physician Pain Management Form:
http://www.primaris.org/sites/default/files/resources/Pain/pain_nursing%20home%20comm%20w%20physician%20final.pdf
- Pain: Organizational Commitment to Pain Management in Your Facility:
http://www.primaris.org/sites/default/files/resources/Pain/pain_organizational%20commitment%20flow%20final.pdf
- Pain Management: What all nursing home persons and families need to know:
<http://www.primaris.org/sites/default/files/resources/Pain/pain%20mgmt%20consumer%20fact%20sheet%20nh.pdf>

Clinical Practice Guidelines and Resources

American Medical Directors Association: <http://www.amda.com/tools/guidelines.cfm#chronicpain>

American Society for Pain Management Nursing: <http://www.aspmn.org/documents/PainAssessmentinthePatientUnabletoSelfReport.pdf>

American Geriatrics Society Panel on Persistent Pain in Older Persons: http://www.americangeriatrics.org/files/documents/2009_Guideline.pdf

International Association for the Study of Pain: www.iasp-pain.org

American Academy of Pain Medicine: www.painmed.org

American Academy of Pain Management: www.aapainmanage.org

Handouts

- Best Practice System Summary/Technical Assistance Sheet for Pain Management <http://www.dads.state.tx.us/qualitymatters/qcp/pain/bestpractice-technicalassistance.pdf>
- Understanding Pain Communication <http://www.dads.state.tx.us/qualitymatters/qcp/pain/understandingpaincommunication.pdf>
- Pain Management Care Plan Highlights <http://www.dads.state.tx.us/qualitymatters/qcp/pain/careplanhighlights.pdf>
- Using an Inter-disciplinary Team (IDT) Process in the Management of Pain <http://www.dads.state.tx.us/qualitymatters/qcp/pain/itdprocess-painmanagement.pdf>