

Inter-Disciplinary Team (IDT) Process in Pain Management

The IDT should include:

- Resident and/or family/surrogate (if at all possible)
- Attending physician/nurse practitioner/physician's assistant
- Licensed Nurse(s)
- Nursing assistant(s)
- Medication aide(s)
- Consultant pharmacist(s)
- Dietary Manager
- Activities Director
- Therapist (if applicable)
- Social Worker

Administration should collaborate with the interdisciplinary team to implement and support pain management policies and procedures.

Licensed nurses are responsible for conducting the comprehensive pain assessments and re-evaluations.

The IDT reviews the information shared from the assessment process and assists in the development and implementation of individualized interventions.

Nursing assistants and medication aides are vital sources of information concerning changes in ADLs or behaviors that may indicate the resident is in pain.

The resident and family members may be your best source of important information regarding pain history and behaviors.

Keeping the lines of communication open between the physician, consultant pharmacist and facility nursing staff will help to ensure the effectiveness of individualized treatment and may provide opportunities for simplification of the resident's medication regimen.

Other staff in the facility may be able to offer suggestions and provide non-pharmacological alternatives:

- **Therapy** – provide non-pharmacological modalities, assess wheelchairs/geriatric chairs for proper fit, coordinate care with licensed staff to include pre-medication prior to therapy to maximize rehabilitation treatment
- **Activities** – provide diversional activities, colored lighting, aromatherapy, textile stimulation, etc.
- **Dietary** – provide comfort foods, aromatherapy
- **Social Worker** – assess *cultural/spiritual beliefs, provide emotional support
- **Housekeeping/Laundry** – provide pleasant smelling cleaning products or detergents (aromatherapy)
- **Maintenance** – ensure safety measures (lowering the closet pole, raising bedside tables)

Other non-pharmacologic interventions provided by the IDT may include: repositioning, massage, heat/cold therapies, music therapy, exercise, relaxation, imagery, psychotherapy, peer support groups, spiritual therapy/activities and aromatherapy

The IDT should revise the pain management care plan as needed with changes in the assessment, medication regimen or non-pharmacological interventions. The review of pain documentation will help the IDT to monitor the effectiveness and quality of pain management provided in the facility.

**Cultural beliefs/practices must be considered when developing an effective pain management plan.*