



THE SOCIETY
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE™

Pain Management

in the Post-Acute and Long-Term Care Setting

Teaching Slides

**A Special Presentation for
Certified Nursing Assistants**

NOTICE

- We recognize that people who reside in PALTC facilities are residents. Throughout these teaching slides, we use the term **patient(s)** because we address individuals within the context of treating a medical condition.
- These teaching slides are for discussion and education **ONLY**.
- These slides must not be used without consulting and supervision of a qualified physician.
- There is no liability on the part of the teaching tool on AMDA – The Society for Post-Acute and Long-Term Care Medicine, successors, representatives or officers.
- Materials presented do not preclude compliance with State or Federal Laws.
- **MATERIAL PRESENTED IS NOT A SUBSTITUTE FOR EXPERIENCE & JUDGEMENT OF CLINICIANS OR CAREGIVERS.**
- Materials presented are not standards of practice, but help enhance clinicians ability to practice.

The Society for Post-Acute and Long-Term Care

GUIDELINE DOMAINS

RECOGNITION

- Identifies the presence of a risk or condition.

ASSESSMENT

- Clarifies the nature and causes of a condition or situation and identifying its impact on the individual.

TREATMENT

- The selection and provision of appropriate interventions for that individual.

MONITORING

- The review of the course of a condition or situation as a basis for deciding to continue, change, or discontinue interventions.

PERSON-CENTERED CARE

Person-centered care respects and is in harmony with an individual's goals, values, and beliefs.

SAMPLE

DEFINITION OF PAIN

- Pain is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.”
– The International Association for the Study of Pain (IASP)
- Pain is always subjective. It is unquestionably a sensation in a part or parts of the body, but it is also always unpleasant and therefore also an emotional experience.
- Keep in mind that ‘pain is whatever the patient says it is, occurring wherever he/she says it does’. Pain is not observable or visible.

PAIN IN THE PALTC SETTING

- Disorders that cause pain become more common with increasing age.
- Pain itself is **not** a normal part of aging.

(Pain evaluation and Management in the nursing home. Terrell BA. Ann Intern Med 1995; 123:681-687)

IMPACT OF PAIN

- **Persistent pain** with inadequate treatment is associated with many adverse outcomes in older adults, including:
 - Functional impairment
 - Falls
 - Slow rehabilitation
 - Mood changes (depression and anxiety)
 - Decreased socialization
 - Poor sleep and appetite disturbance
 - Greater healthcare use and costs

Resources and Educational Tools

AMDA – The Society for Post-Acute and Long-Term Care Medicine



<https://paltc.org>

Pain Management in the LTC Setting Clinical Practice Guideline. AMDA 2012.

Pain Management in the PALTC Setting Pocket Guide. AMDA 2018.

Know-it-All Before You Call in the PALTC & Assisted Living Settings – Data Collection Cards. AMDA 2018.

Know-it-All When You're Called Diagnosing System. AMDA 2011.

