

# **Pain Management**

#### in the Post-Acute and Long-Term Care Setting

# **Teaching Slides**

#### A Special Presentation for Certified Nursing Assistants

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# 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
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- 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.

## <u>A</u>SSESSMENT

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

## TREATME'

 The selection ar d provision of appropriate interventions for that individual.

## <u>M</u>ONITORING

 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 be liefs.



# **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 uncleastional ly a sensation in a part or parts of the body, but it is also in tays in leasant and merefore also an emotional experience
- Keep in mind the topain is whatever the patient says it is, occurring wherever herene 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 <u>not</u> nor nar part of aging.

(Pain evaluation and Mar , ment ) the nuring ome. errell BA. Ann Intern Med 1995; 123:681-687)



# IMPACT OF PAIN

- Persistent pain with inadequate treatment is associated with many adverse outcomes in older actants, including:
  - Functional impairment
  - Falls
  - Slow rehabil tation
  - Mood long is (a pression and anxiety)
  - Decrease , 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



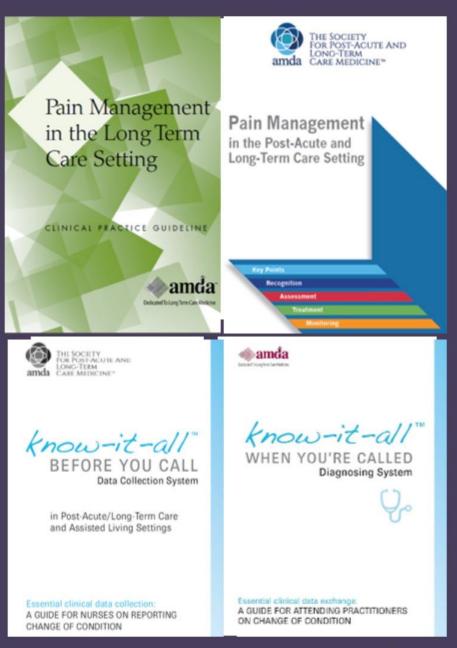
#### https://paltc.org

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.



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