

Pain Management

in the Post-Acute and Long-Term Care Setting

Teaching Slides

A Special Presentation for Nurses

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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 son lition as situation and identifying its impact out recodividual.

TREATME'ST

 The selection ar a 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.

WHAT IS PAIN?

- Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.
- Pain is whatever the person says it is, Alst. g 'hene'er he/she says it does.
- Patient's self report is the polant and rd of pain assessment.
- Acute and chron chain are common in the post-acute and long-term care (PALTC) setting, and they affect measures of patients' wellbeing such as mood and the ability to perform activities of daily living. As many as 80% of LTC patients have at least one condition associated with pain.



WHAT IS PAIN?

- Persistent pain or its inadequate treatment is associated with many adverse outcomes in older people.
- Pain is frequently undertreated in logic tive y in paired patients. Patients with cognitive impairment of ten in a life to pain vitta nonverbal signs such as grimacing or furnoving to explain
- Depoids should a complete judiciously, taking into account the risks vs. benefits, goals of care and the pain's impact on the patient's functional ability.
- ➤ Given the heterogeneous patient population in the PALTC setting, from acute postoperative pain to the frail and imminently dying, various state and federal regulations and the current "opioid crisis," optimal pain management in this setting is often challenging.

IMPACT OF PAIN

- Persistent pain with inadequate treatment is associated with many adverse outcomes in older a tarts, including:
 - Functional impairment
 - Falls
 - Slow rehabil tarion
 - Mood long is (a plession 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



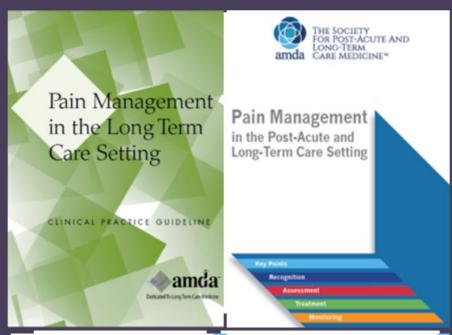
https://paltc.org

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.







in Post-Acute/Long-Term Care and Assisted Living Settings

Essential clinical data collection: A GUIDE FOR NURSES ON REPORTING CHANGE OF CONDITION







Essential clinical data exchange.

A GUIDE FOR ATTENDING PRACTITIONERS ON CHANGE OF CONDITION