

# PAIN

RECORD / REPORT / ACTION

Ask the resident about their pain

## ALERT

- Behaviour changes may be due to pain
- People with dementia DO feel pain

### Dementia or non verbal residents

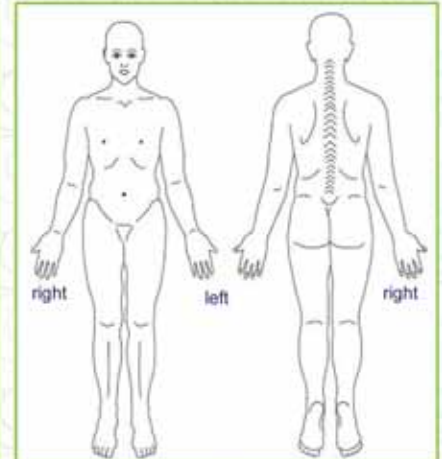
- **Vocalisation:** whimpering, groaning, crying
- **Facial expression:** looking tense, frowning, grimacing or looking frightened
- **Change in body language:** fidgeting, rocking, guarding part of the body, withdrawn
- **Behavioural change:** increased confusion, refusing to eat, alteration in usual patterns
- **Physiological change:** temperature, pulse or blood pressure outside normal limits, perspiring, flushing or pallor
- **Physical changes:** skin tears, pressure areas, arthritis, contractures, previous injuries



If **acute chest pain** or other new acute pain notify the RN immediately  
Other **acute pain** see Care Giver guide "Vital Organs"

Tell me about your pain—*where is it?*  
Get the resident to show you on their body  
Ask family members about previous pain problems

- Numbness
- Pins & Needles
- Aches
- Cramping
- Burning
- Stabbing



### Suggestions for words that describe pain:

- Shooting
- Stabbing
- Sharp cramping
- Gnawing
- Hot/burning
- Throbbing
- Aching
- Pulling
- Heavy
- Tender
- Tight
- Splitting
- Tiring/exhausting
- Sickening
- Fearful
- Punishing
- Nauseating

- 0 = no hurt
- 1 = hurts just a little
- 2 = hurts a little bit more
- 3 = hurts even more
- 4 = hurts a whole lot more
- 5 = hurts worst as you can imagine (don't have to be crying to feel this much pain)

### Wong-Baker FACES Pain Rating Scale



From Hockenberry MJ, Wilson D, Winkelstein ML: *Wong's Essentials of Paediatric Nursing*, ed. 7, St. Louis, 2005, Mosby p.1259. Used with permission. Copyright Mosby

## COMFORT MEASURES



### OTHER MEASURES THAT MAY HELP RELIEVE PAIN

- ✓ Supportive talk
- ✓ Gentle touch
- ✓ Music
- ✓ Soft lighting
- ✓ Decreased noise
- ✓ Massage (check with the RN)
- ✓ Reminiscing
- ✓ Warm or cold packs, if agreed by the nurse
- ✓ Help with personal cleanliness
- ✓ Repositioning
- ✓ Soothing activities
- ✓ Prayer and spiritual support
- ✓ Listening, and conversation
- ✓ Favourite food or drinks
- ✓ A walk
- ✓ Family involvement

### PROMPTS

- Have I checked the care plan and progress notes
- Have I completed all forms and notes and reported concerns to the RN
- What is the care giver follow up plan after reporting this to the RN
- Does someone need to stay with the resident
- Have I reported the family's concerns
- Have the family been notified