

N.C. Nurse Aide I Curriculum

MODULE V

Pain

Objectives

- Define pain.
- Explain the role of the nurse aide in pain management.

Pain - Definition

“Anything the patient says it is, occurring whenever the patient says it does.”

Pain – Importance



Believing what the patient says will lead to more effective evaluation and treatment of pain

Sharp Tender Dull
Squeezing Hurting Unbearable
Shooting Aching Numb
Stiff Sore Exhausting
Penetrating Burning Radiating
Throbbing
Tiring Nagging Creaky
Gnawing Miserable Stabbing



Pain – Facts



- Pain may come with aging but people do not have to live with it
- Pain is significantly under-reported in nursing facilities
- In nursing homes, many experience pain
- Nurse aides commonly underestimate pain
- Under rating and under-treating pain can be neglect, negligence, or abuse
- Nursing homes that do not manage pain properly will be cited

Reactions to Pain

- Religious beliefs and cultural traditions affect pain
- Men and women may report pain differently





Acute Pain

- Temporary
- Usually comes on suddenly
- Goes away when healing is complete



Acute Pain



- Serves a purpose
- Obvious when people are in acute pain
- Acute pain can rev up the body

Chronic Pain

- Considered long-term
- Gradual onset
- No purpose
- Diagnosing cause can be complicated
- Source of chronic pain may not be obvious
- May seem depressed



Common Causes of Pain



Pain – Effects

- Giving up hope
- Depression
- Anxiety
- Withdrawal
- Change in appetite
- ↓ in activities
- Inability to sleep

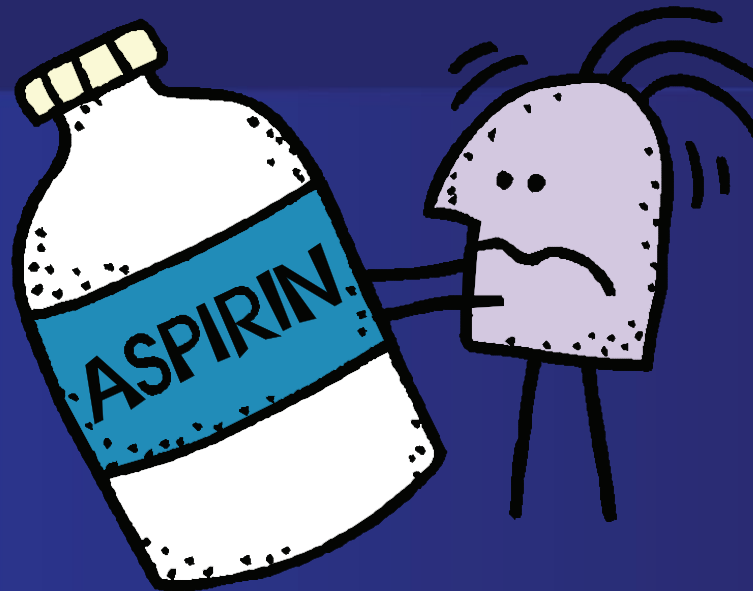


Pain – Effects



- Restlessness/agitation
- Refusal to participate
- Suicide
- Negative effect on immune system
- ↑ risk for injuries, falls or accidents

Pain – Use of Medications



Nurse aide reports complaints of pain to nurse so nurse can assess and medicate if appropriate

Pain – Nurse Aide's Role in Management



Nurse aides play an important role in pain management



WHEN TO ASK?

DHSR/HCPR/CRE NAT I Curriculum - July 2013



WHAT TO ASK?

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Comfort Measures – Nurse Aide's Role

- Supportive talk
- Gentle touch
- Music
- Soft lighting
- ↓ noise



Comfort Measures – Nurse Aide's Role

- Warm or cold packs
- Massage
- Re-positioning
- Soothing activities
- Prayer and spiritual support



Comfort Measures – Nurse Aide's Role

- Listening
- Conversation
- Favorite foods or drinks
- Personal cleanliness
- A walk
- Reminiscing



Care of the Resident Who is Cognitively Impaired and in Pain



- Observe for signs of pain
 - Report observations
- When something works, let others know
- Work as a team with others



The End