

The Importance of ASSESSMENT & PAIN Management

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Pain

What is pain?
"What the patient says it is..."
And more...
Pain is Personal
It is intimate...
Hard to describe...
Frightening....

Pain Is. . .

- ⌘ A subjective response to a stimulus. . .
 - ⌘ That projects meaning from one individual to another.
 - ⌘ It is a unique experience
 - ⌘ Potentially undefinable.
- ⌘ Classifications
 - ⌘ Acute
 - ⌘ Chronic
 - ⌘ Uniform vs Variable
 - ⌘ Tolerance: high vs low
 - ⌘ Neuropathic
 - ⌘ Muscular

Case Study

- ↳ S.J. a middle aged female patient is lying in bed, very still, she is awake and responsive. A nurse is in front of the computer and accesses the patient medical record and the following encounter ensues:
 - ↳ Nurse: Hi, how's your pain today, on a scale of 0-10? (the nurse's eyes remain on the computer screen throughout the nurse/patient interaction)
 - ↳ Pt: (hesitatingly) I, uh, don't know. . .
 - ↳ Nurse: oh, you know, 1-3 is mild pain, 4-6 is moderate, and 7-10 is severe; so what's your pain?
- ↳ Pt.: uh I don't know, maybe 3. . .
- ↳ Nurse: Oh, then you don't need pain medication now.
 - ↳ Nurse leaves room and patient remains silent. . .

Case Study

- ↳ You are the silent observer:
 - ↳ Response

Discussion

- ↳ What is missing in this picture?
 - ↳ An assessment
 - ↳ Nurse presence
 - ↳ Probing questions
 - ↳ Touch

⌘ TM, a 15 y/o male lying in bed on a cell phone and computer playing on video games and on the phone in conversation involving the game on the computer.

⌘ He looks up as you enter and says "hey, it's time for my pain med, can you get it now?"

Case Study

⌘ Our response:

Case Study

⌘ Requires

- ⌘ Interaction
- ⌘ Examination
 - ⌘ Scope
 - ⌘ Breadth
 - ⌘ Response
- ⌘ Exploration
 - ⌘ Where,
 - ⌘ When
 - ⌘ How long
 - ⌘ What works
 - ⌘ What doesn't
 - ⌘ Past experiences

Assessment

⊗ Assessment Needs Are :

- ⊗ Continuous
- ⊗ Consistent
- ⊗ Impartial
- ⊗ Explorative
- ⊗ Non judgmental
- ⊗ Repetitive

ASSESSMENT

Variables

⊗ Patient profile and pain characteristics

- ⊗ Medical, surgical,
- ⊗ Acute, chronic,
- ⊗ Age
- ⊗ Emotional status

⊗ Treatments

- ⊗ Traditional
- ⊗ Non-Traditional
- ⊗ Options

<p>{ TOOL</p> <ul style="list-style-type: none">⊗ Wong Baker Faces⊗ N-Pass⊗ rFLACC⊗ Verbal Descriptors⊗ Non Verbal Pain <ul style="list-style-type: none">⊗ CPOT⊗ NIPS	<p>{ CRITERIA</p> <ul style="list-style-type: none">⊗ Children 3-11⊗ Premature Neonates⊗ Children 3-7⊗ Pediatric through Adult⊗ Adult ICU, Ventilation and sedation⊗ Critically Ill/non-verbal adults⊗ Healthy neonates.
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Assessment Tools

↳ Critically ill
↳ Unconscious
↳ Intellectually disabled, impaired
↳ Mentally ill

Other Challenges in Pain Assessment

↳ Pain Goals
 ↳ Whose goals
 ↳ what, why, when and how ?
 ↳ Look
 ↳ Listen
 ↳ Discuss
 ↳ Offer

Goals

Goal
How do you get there
 ↳ Look
 ↳ Listen

Nursing Pain Assessment Goal



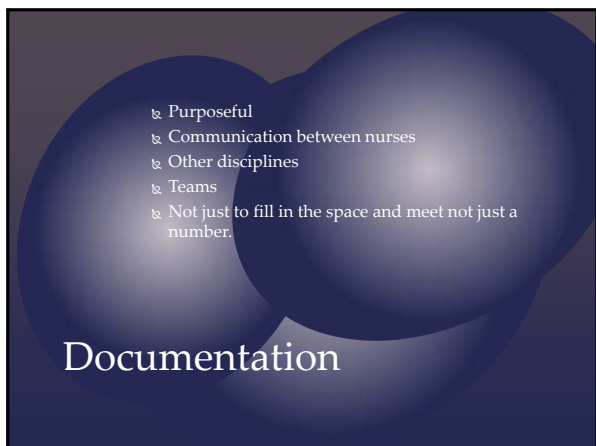
Management Options

- ↳ Traditional
 - ↳ Medication
 - ↳ TENS
- ↳ Massage
- ↳ Urban Zen



Resources

- ↳ Chaplain
- ↳ Social Work
- ↳ Palliative Care
- ↳ Acute Pain Team
- ↳ Colleagues
- ↳ Patient and family
- ↳ OT
- ↳ PT



Documentation

- ↳ Purposeful
- ↳ Communication between nurses
- ↳ Other disciplines
- ↳ Teams
- ↳ Not just to fill in the space and meet not just a number.

