

## N.C. Nurse Aide I Curriculum

### MODULE V Pain

DHSR/HCPRI/CARE NAT I Curriculum - July 2013

1

---

---

---

---

---

---

---

---

## Objectives

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

DHSR/HCPRI/CARE NAT I Curriculum - July 2013

2

---

---

---

---

---

---

---

---

## Pain - Definition

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

DHSR/HCPRI/CARE NAT I Curriculum - July 2013

3

---

---

---

---

---

---

---

---

## Pain – Importance



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

DHSR/HICPR/CARE NAT I Curriculum - July 2013

4

---

---

---

---

---

---

---

---



DHSR/HICPR/CARE NAT I Curriculum - July 2013

5

---

---

---

---

---

---

---

---



## 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

DHSR/HICPR/CARE NAT I Curriculum - July 2013

6

---

---

---

---

---

---

---

---

## Reactions to Pain

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



DHSR/HQPR/CARE NAT I Curriculum - July 2013

7

---

---

---

---

---

---

---

---



## Acute Pain

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



DHSR/HQPR/CARE NAT I Curriculum - July 2013

8

---

---

---

---

---

---

---

---

## Acute Pain



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

DHSR/HQPR/CARE NAT I Curriculum - July 2013

9

---

---

---

---

---

---

---

---

## 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



DHSR/HOPI/CARE NAT I Curriculum - July 2013

10

---

---

---

---

---

---

---

---

## Common Causes of Pain



DHSR/HOPI/CARE NAT I Curriculum - July 2013

11

---

---

---

---

---

---

---

---

## Pain – Effects

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



DHSR/HOPI/CARE NAT I Curriculum - July 2013

12

---

---

---

---

---

---

---

---

## 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/CARE NAT 1 Curriculum - July 2013

16

---

---

---

---

---

---

---

---


**WHAT TO ASK?**

DHSR/HCPR/CARE NAT 1 Curriculum - July 2013

17

---

---

---

---

---


---

---

---

**Comfort Measures –  
Nurse Aide’s Role**

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



DHSR/HCPR/CARE NAT 1 Curriculum - July 2013

18

---

---

---

---

---

---

---

---

**Comfort Measures –  
Nurse Aide’s Role**

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



DHSR/HOPIR/CARE NAT I Curriculum - July 2013 19

---

---

---

---

---


---

---

---

**Comfort Measures –  
Nurse Aide’s Role**

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



DHSR/HOPIR/CARE NAT I Curriculum - July 2013 20

---

---

---

---

---


---

---

---

**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




DHSR/HOPIR/CARE NAT I Curriculum - July 2013 21

---

---

---

---

---

---

---

---

	<p style="text-align: center;"><b>The End</b></p> <p style="text-align: center;"><small>DHSR/HCPA/CARE NAT I Curriculum - July 2013</small></p> <p style="text-align: right;"><small>22</small></p>

---

---

---

---

---

---

---

---