

# **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** **Unbearable** **Hurting**  
**Shooting** **Aching** **Stiff** **Exhausting** **Numb**  
**PAIN** **Sore**  
**penetrating** **Burning** **Throbbing** **Radiating**  
**Gnawing** **Tiring** **Nagging** **Creaky** **Stabbing**  
**Miserable**



# 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

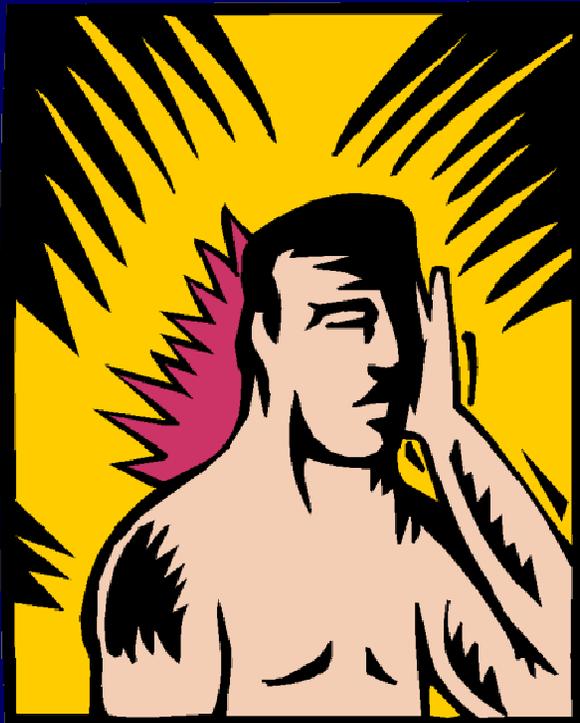


# Pain – Effects

- 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?

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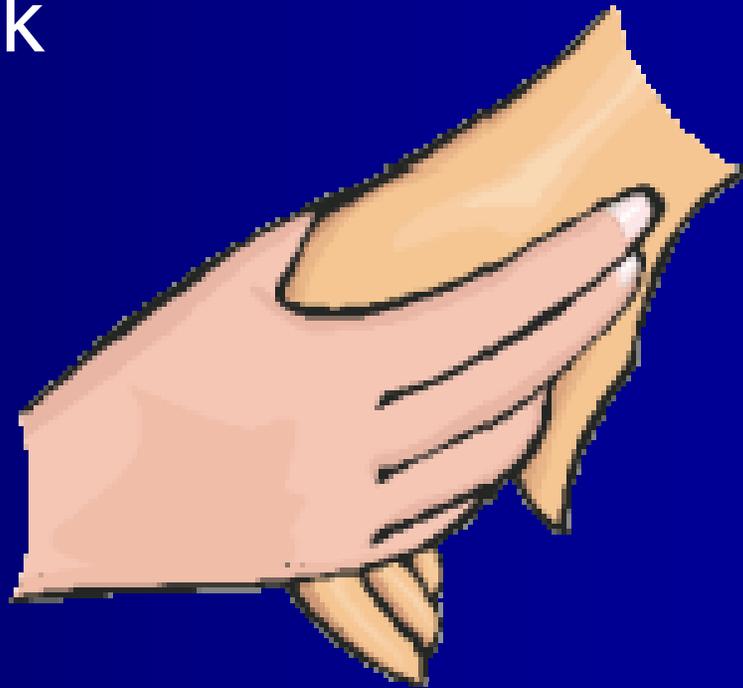


**WHAT TO ASK?**

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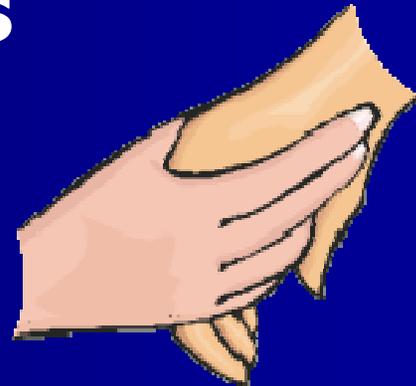
# Comfort Measures – Nurse Aide's Role

- 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

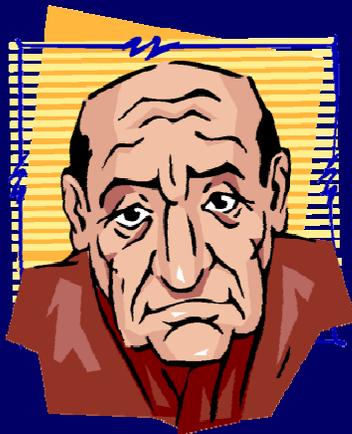


# Comfort Measures – Nurse Aide's Role

- 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