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
PAIN

Sharp

Tender

Dull

Unbearable

Hurting

Exhausting

Tire

Exhausting

Radiating

Sore

Numb

Stabbing

Creaky

Miserable

Gnawing

Nagging

Throbbing

Burning

Penetrating

Tiring

Squeezing

Shooting

Stiff
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?
WHAT TO ASK?
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