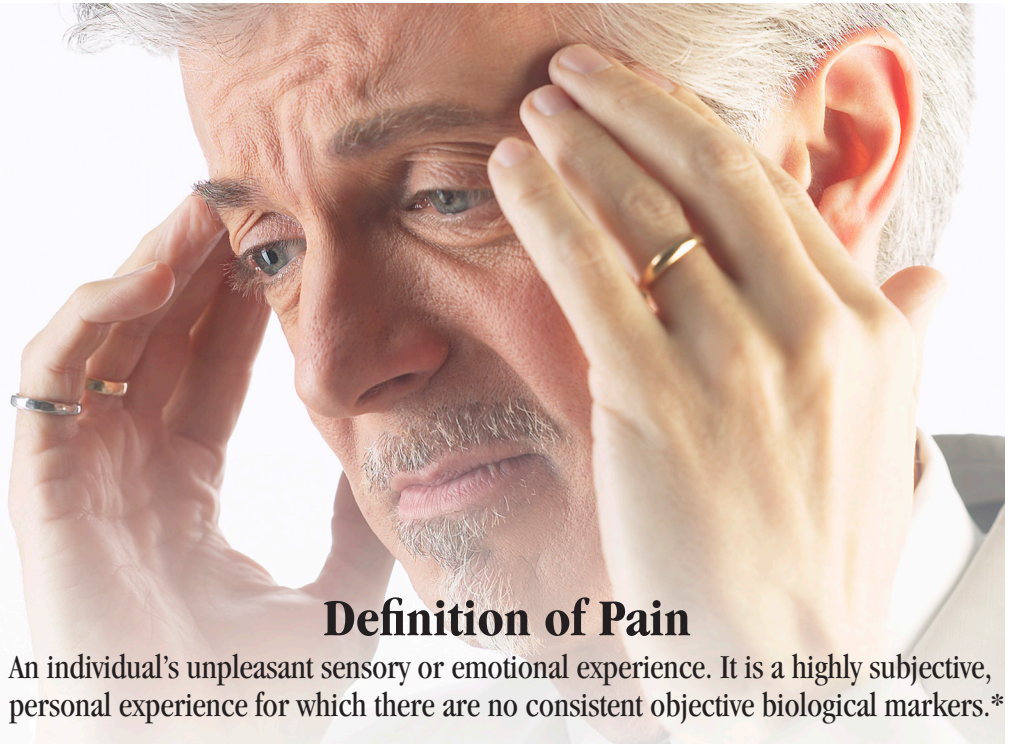


DECREASING PAIN



Definition of Pain

An individual's unpleasant sensory or emotional experience. It is a highly subjective, personal experience for which there are no consistent objective biological markers.*

Conditions Often Associated with Pain in Elders *

- Degenerative joint disease
- Fibromyalgia
- Crystal-induced arthropies
- Post-stroke syndromes
- Renal conditions
- Rheumatoid arthritis
- Low back disorders
- Peripheral vascular disease
- Gastrointestinal conditions
- Oral or dental pathology
- Amputations
- Headaches
- Pressure Ulcers
- Neuropathies
- Contractures

Words That Describe Pain

- Hurt
- Sharp
- Dull
- Aching
- Stabbing
- Pinching
- Shooting
- Cramping
- Tender
- Hot/burning
- Crushing
- Throbbing

Pain and the Cognitively Impaired

Facial Expressions: frowning, grimacing, grinding of teeth, fearful

Physical Movement: bracing, guarding, rubbing, fidgeting ,rocking, pacing, change in gait, loss of function

Vocalization: groaning, moaning, crying, sighing, breathing heavily

Behavior: increasing or recurring agitation, striking out, eating or sleeping poorly

Complimentary Treatment of Pain

(not to be used as a substitute for medication)

- Heat/Cold
- Massage
- One-in-one visit
- Pastoral Counseling
- Immobilize
- Distraction
- Peer Support
- Magnet Therapy
- Pet therapy
- Music
- Relaxation
- Positioning

*Pain Management in the Long-Term Care Setting – Clinical Practice Guideline Published by AMDA 2003

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