One Size Does NOT Fit All

We know pain management is not a one size fits all practice. An individual’s perception of pain varies, the ability to communicate pain may vary and measuring pain is vastly complex. The resident with dementia may need to be assessed differently than the short stay rehabilitation resident. Using the appropriate pain scale and educating patients on medications is key. Accurately assessing pain = improved pain management.

Pain Management Resources

- Adult Non-Verbal Pain Scale
- Behavioral Pain Scale
- Defense and Veterans Pain Rating Scale
- Numeric Pain Scale Rating Instructions
- Pain Assessment in Advanced Dementia Scale

Things to Consider

Assess pain at different times of the day. Involve family in the conversation. What are the residents pain goals?

Do you have an updated care plan with pain goals? What are the resident’s beliefs about pain? What are contributing factors to pain? Assess the residents comfort level with non-pharmacological methods of pain relief.

Pharmacists Corner

Do you have a pain committee? Do you include your consulting pharmacist in your meeting?

Tip: Your consulting pharmacist can assist to review and recommend medication management options to best meet the needs of the individual resident.

Scan the QR code or visit www.mpqhfo.org/QIO for more resources.