

Module 18 – Pain Management

Introduction

A person's quality of life can be dramatically impacted by their pain experience. Pain is unique to each individual and a person's response to pain also differs. It is essential that the home care aide understand the pain experience and their role in helping to reduce or alleviate pain.

Objectives

At the end of the module, the nurse aide will be able to:

1. Describe the types of pain a patient can experience
2. Identify symptoms or side effects of complex illness
3. Discuss the various pain management techniques and options
4. Identify side effects of pain medications
5. Describe the home care aide's role in pain management

Instructional Resource Materials

- Power Point for Module 18 – Pain Management
- Activities

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Slides	Instructor’s Script	Notes
Slide 1 Title Slide	Script <ul style="list-style-type: none"> • Module 18 – Pain Management 	
Slide 2	Script <ul style="list-style-type: none"> • Objectives - At the end of the module, the nurse aide will be able to: <ol style="list-style-type: none"> 1. Describe the types of pain a patient can experience 2. Identify symptoms or side effects of complex illness 3. Discuss the various pain management techniques and options 4. Identify side effects of pain medications 5. Describe the home care aide’s role in pain management 	
Slide 3	Script <ul style="list-style-type: none"> • Pain is different for every patient. A good quote to describe this is, “Pain is whatever the experiencing person says it is, existing whenever the experiencing person says it does.” Margo McCaffery, RN, MSN • This quote states in a simple way that people experience pain differently. This will hold true for your patients in home care as well. It is important to believe your patient when he/she tells you about pain. Pain is not a normal process of aging, so each expression of pain should be taken seriously. • According to the Merriam-Webster dictionary, pain is defined as, “Localized physical suffering associated with bodily disorder (as a disease or an injury).” • The International Association for the Study of Pain includes emotion in their definition, “an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.” • It is also important to remember that patients may be experiencing more than just physical pain. Side effects from complex illness can include: <ul style="list-style-type: none"> ○ Loss of appetite ○ Fatigue ○ Weakness ○ Weight loss ○ Constipation ○ Cough ○ Dry/Sore throat ○ Trouble breathing ○ Confusion ○ Nausea • While these may be side effects, they can also add to or exacerbate pain that your patient may be feeling. 	

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<p>Slide 4</p>	<p>Script</p> <ul style="list-style-type: none"> • Activity #1 – Class Discussion. Have each student talk about what they envision the signs and symptoms of pain to be. Faculty could give out blank note cards and ask the students to write down 2 or more signs or symptoms of pain. Review the next slide. 	
<p>Slide 5</p>	<p>Script</p> <ul style="list-style-type: none"> • Signs and symptoms of pain will be unique to each patient. The following is a list of some common signs and symptoms. Ask students to raise their hands if they wrote down any of the following: <ul style="list-style-type: none"> ○ Rubbing an area ○ Screaming or crying ○ Restlessness ○ Gasping ○ Grimacing ○ Rapid or slow speech – changes in speech ○ Groaning ○ Grunting ○ Holding the area ○ Irritability ○ Refusal to move ○ Being unusually quiet ○ Increased pulse or blood pressure ○ Heavy or increased respiration ○ Sweating ○ Nausea ○ Vomiting ○ Pale skin • Now ask the students if there were other signs or symptoms that were not reviewed and discuss those. Remember that the students may have also had pain and will describe it differently. 	
<p>Slide 6</p>	<p>Script</p> <ul style="list-style-type: none"> • There are several ways to classify pain. • Pain can be a result of an injury or disease process and/or illness that can create pain. • Location of the pain is another way to classify pain. • Pain is also described in relation to its duration: <ul style="list-style-type: none"> ○ <u>Acute Pain</u> – short lasting and usually manifests in ways that can be easily described or observed and can cause sweating or increased heart rate. It can last anywhere from a few moments to several days, 	

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	<p>increasing in intensity over time or can occur intermittently.</p> <ul style="list-style-type: none"> ○ <u>Chronic Pain</u> – defined as lasting for more than 3 months. Chronic pain is much more subjective and not as easy to describe or report as acute pain. This type of pain can alter someone’s ability to function and their quality of life over time. ● The length and onset of pain symptoms is also categorized: <ul style="list-style-type: none"> ○ <u>Persistent Pain</u> – continuous pain that can last all day for an unspecified number of days. ○ <u>Breakthrough Pain</u> – a brief flare-up of severe pain. It usually comes on quickly and can last from a few minutes to an hour. It can occur unexpectedly or when doing a certain activity (e.g. dressing, walking). 	
<p>Slide 7</p>	<p>Script</p> <ul style="list-style-type: none"> ● There are hundreds of reasons for what causes pain. Here are some examples that you may encounter while working in home care: <ul style="list-style-type: none"> ○ Broken bones ○ Compression fractures ○ Slipped discs ○ Herniated discs ○ Skin breakdown or decubiti ○ Arthritis ○ Headaches ○ Multiple Sclerosis ○ Peripheral nerve pain ○ Carpel tunnel ○ Irritable bowel syndrome ○ Degenerative changes as one ages ○ AIDS complications ○ Cancer pain – anything from nerve compressions to bone metastasis (spread of the cancer) 	
<p>Slide 8</p>	<p>Script</p> <ul style="list-style-type: none"> ● Types of pain can be specific to your patient’s diagnosis as well. The following outline a few common illnesses in aging adults and the pain that accompanies those illnesses: ● <u>Cancer Pain</u> <ul style="list-style-type: none"> ○ Pain is at times the first sign of cancer. ○ About 30% - 50% of patients undergoing cancer treatment experience pain. ○ An estimated 70% - 90% of people with advanced cancer experience pain. ○ Pain is more likely to occur if the patient’s cancer diagnosis and/or treatment has been delayed. 	

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	<ul style="list-style-type: none">○ Patients with breast or prostate cancer report more pain than those with other cancers. Bone pain is often reported as extremely painful.○ Sometimes pain occurs when nerve pathways are injured, which is common in cancer patients.○ Pressure from tumors on the body's organs or on bones or nerves accounts for most of cancer pain.○ Pain also occurs when blood vessels become obstructed by a tumor.○ Chronic cancer pain is successfully treated in about 95% of patients by using drug and non-drug therapies.○ One of the main goals of hospice care is to alleviate or provide relief from pain.● Cancer treatments can also be the cause of pain:<ul style="list-style-type: none">○ Chemotherapy can cause mouth sores, peripheral neuropathy, constipation, diarrhea, nausea, vomiting, abdominal cramps, or bone and joint pain.○ Surgical treatments can cause physical pain at the site of surgery.○ Procedures related to cancer treatment can cause pain, such as biopsies, blood draws, lumbar punctures, laser treatments, etc.● <u>Heart Disease Pain</u><ul style="list-style-type: none">○ Heart disease is another common illness and those with heart problems commonly have pain.○ Chest pain is often used to describe any pain, pressure, squeezing, choking, numbness or discomfort experienced by the patient.○ Heart palpitations are common and create an anxious feeling.○ Lightheadedness and dizziness are also experienced and can be due to many other underlying causes as well as heart issues.○ Syncope (fainting/loss of consciousness) is serious in cardiac patients and can lead to sudden death.○ Severe fatigue and lethargy are also common in heart disease and cause patients distress as they are no longer able to function as normal.○ Shortness of breath is distressing for patients, especially when it occurs with no physical exertion.● <u>Chronic Renal Failure Pain</u><ul style="list-style-type: none">○ Symptoms begin gradually and start mildly, however once this disease progresses it has already caused damage and is a serious health problem.○ Edema (swelling) can be painful for patients and is common with renal failure. The extra fluid also causes high blood pressure.○ Other bothersome symptoms include nausea, fatigue, confusion, joint pain, seizures, headaches,	
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	<p>itching, pain in the kidney area, and can lead to coma and death.</p> <ul style="list-style-type: none"> • <u>Urinary Tract Infection (UTI) Pain</u> <ul style="list-style-type: none"> ○ Symptoms of UTI's vary with age and gender, however for older adults, symptoms include being shaky, tired, and weak accompanied by abdominal pain and muscle aches. ○ Urine may also have a distinct color, smell, and may contain blood. ○ UTI's alone do not cause fevers, however a fever can be a sign of the infection spreading, which can lead to other harmful issues. • <u>Post-Fracture Pain</u> <ul style="list-style-type: none"> ○ Older adults are more susceptible to fracturing bones because of falling. The pain from a fracture is from the damaged ligaments and tendons involved, which do not heal as well as a bone does. ○ Symptoms of pain include persistent weakness and/or generalized pain in the fractured area. • <u>Respiratory Illness</u> <ul style="list-style-type: none"> ○ Respiratory illnesses have symptoms like colds; however, they are much worse and more persistent. ○ Pain from a respiratory illness involves painful coughing, sore throat, painful swallowing, weakness, headache, and sinus pain. 	
<p>Slide 9</p>	<p>Script</p> <ul style="list-style-type: none"> • Pain management is important for many reasons. Pain causes stress on the body, mind, and spirit. It can affect sleep patterns and overall quality of life. Pain can affect the quality of relationships and can also interfere with treatments for serious illnesses, such as cancer. • There are several classes of medicines that can assist with pain management: <ul style="list-style-type: none"> ○ <u>Opioids (Strong and Weak)</u>: For mild to severe pain. ○ <u>Muscle Relaxants</u>: For pain, stiffness, and muscle spasms. ○ <u>Anti-Convulsants</u>: To prevent convulsions or seizures; also assists in anxiety and works as a mood stabilizer. ○ <u>Anti-Arrhythmics</u>: To assist with restoring normal rhythm of the heart. ○ <u>Topical Agents</u>: Pain medication applied directly to the skin. Especially beneficial with post-herpetic neuralgia after shingles, also provides relief with osteoarthritis. ○ <u>NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)</u>: Used to treat inflammation, mild to moderate pain, and fever. NSAIDs are often available as an over the counter medication. 	

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	<ul style="list-style-type: none"> ○ <u>Over the counter (OTC) pain relievers</u>: Reduce fever and relieve pain caused by muscle aches and stiffness. ○ <u>OTC topical pain relievers</u>: Relieve pain from sore muscles and arthritis. ○ <u>OTC topical corticosteroids</u>: Can treat pain by relieving swelling, redness, itching, and/or allergic reactions. 	
<p>Slide 10</p>	<p>Script</p> <ul style="list-style-type: none"> • There can of course be side effects of pain medications. It is important for the home care aide to know what medications a patient is taking and be aware of what side effects to look for. The following are some side effects from pain medications: <ul style="list-style-type: none"> ○ Upset stomach ○ Headache ○ Itching ○ Mood changes ○ Sleep disturbances ○ Drowsiness ○ Nausea ○ Constipation ○ Breathing problems ○ Vision changes ○ Difficulty urinating ○ Dry mouth ○ Fatigue ○ Dizziness ○ Rash • You should always report these signs or symptoms to your supervisor and remember that home care aides never give medication This includes prescribed, over the counter or topical medications. The home care aide can only remind the patient to take medications that are pre-poured in a pill box from the patient’s nurse or family member. There may be patients who do not use a pill box and only need reminders to take medications from their pill bottles. You may assist the patient with removing the lid of the medication container once the patient has determined the correct medication and dosage. You may also read the pill bottle to the patient if requested. Remember: you may not make recommendations for any medications – prescription or over the counter. Rule of thumb: always seek the guidance of your supervisor when in doubt. 	
<p>Slide 11</p>	<p>Script</p>	

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	<ul style="list-style-type: none"> • Medicines alone do not always alleviate pain. There are several other alternative methods to try, both with and without the use of medicines. <ul style="list-style-type: none"> ○ Physical Therapy ○ Chiropractic Therapy ○ Psychological Counseling and Support ○ Acupuncture ○ Tens Units (small machine that produces an electrical current that helps with pain) ○ Massage ○ Hydrotherapy (water therapy) ○ Hypnosis ○ Healing Touch • These alternative methods have gained a lot of popularity in recent years. Some patients do not want to take medications for many reasons and turn to other therapies for pain management. • For example, in recent years, Healing Touch has made a significant impact in patients' lives. • Healing Touch assists balancing physical, mental, emotional, and spiritual well-being. • It is non-invasive, non-toxic, and is safe for all ages and compliments standard medical care. • The patient lies fully clothed on a massage table, while the provider gently places their hands slightly above or on the individual. • Healing touch has been found useful for: <ul style="list-style-type: none"> ○ Reducing stress ○ Calming anxiety, depression ○ Decreasing pain ○ Strengthening the immune system ○ Enhancing recovery from surgery ○ Neck and back problems ○ Deepening a spiritual connection ○ Assisting with cancer care ○ Creating a sense of well-being ○ Easing acute and chronic pain conditions 	
<p>Slide 12</p>	<p>Script</p> <ul style="list-style-type: none"> • Pain tolerance refers to how much pain a person can handle before that person needs relief from it and varies from person to person. • It is a common myth that if a person can handle a lot of pain, that person can build up a tolerance to that pain. Unfortunately, experiencing pain will not help a person better deal with current or future pain. • There can be barriers to reporting pain. Assessment of pain in certain populations can be challenging. For example: <ul style="list-style-type: none"> ○ Self-reporting of pain will not happen if a patient is non-verbal, therefore observation is critical. 	

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	<p>Behaviors should be monitored closely (e.g. facial grimacing or guarding parts of the body).</p> <ul style="list-style-type: none"> ○ Likewise, an aging adult may not respond to pain the same way a younger person would. Illness or multiple prescriptions in their system can both affect pain/pain reporting. ○ Depression can also inhibit a patient from reporting pain. ○ Decline in self-care activities are good indicators that the patient may be experiencing pain. ● Cultural barriers can affect pain reporting. For example: <ul style="list-style-type: none"> ○ Some religions may prevent certain medical treatments. ○ Many people fear becoming addicted to pain medications and therefore try to avoid them. ○ Some see pain as a sign that death may be near and choose to try to ignore it. ○ Some cultures feel that showing pain is showing weakness, this is true especially in men. 	
<p>Slide 13</p>	<p>Script</p> <ul style="list-style-type: none"> ● It is important that the home care aide be aware of pain reactions or statements from patients who are trying to describe pain. Patients describe pain in many ways: <ul style="list-style-type: none"> ○ Unpleasant ○ Excruciating ○ Sharp ○ Dull ○ Pressure ○ Burning ○ Numbing ○ Shooting ● Be aware that no two people experience pain the same way or with the same intensity. 	
<p>Slide 14</p>	<p>Script</p> <ul style="list-style-type: none"> ● Activity #2 – Pain Words. Faculty – Look at the list of words on Activity #2. Cut out the words or transfer onto note cards. Ask the student to draw a card and read aloud the word being used to describe the pain. Ask the student to think of a type of pain the patient could use that word to describe. Go around the class and ask each student to read the pain descriptor they drew and discuss their answer. ● For example: Crushing – chest pain. Burning – urinary tract infection. ● Encourage the students to think about pain they have had to produce ideas. 	

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Slide 15	Script <ul style="list-style-type: none">• The home care aide has a role in reporting pain and pain management.• It is important for the home care aide to be aware that the patient is taking pain medications, and more importantly what side effects to look for.• If there is a medication or alternative therapy technique that does or does not seem to be working for the patient, the home care aide should report that information to the nurse or supervisor. Report to your supervisor if there is little or no relief after taking their prescribed pain medication. Likewise, it is important to report any new pain the patient expresses.• The home care aide should also inform their supervisor of the frequency and duration of reported pain by the patient. This includes other family member's reports as well, although pain is often underreported. The home care aide should watch for non-verbal cues that the patient may be experiencing pain and report those observations as well.• The home care aide can also greatly assist the patient's family during this time of pain and illness. Family members will seek understanding and appreciate compassion from the caregivers and will need support during this process as well.• Simply listening and showing concern for the patient will assist both the patient and the family members deal with difficult illness.	
Slide 16	Script <ul style="list-style-type: none">• Due to its unique and personalized presentation, pain is often misunderstood by those who do not experience it. Be open minded to what your patient says about his/her pain, sometimes having someone who cares to listen can help a patient ease some of their painful burden.	