



NC Department of Health and Human Services

NC Home Care Aide Curriculum

Module 18 – Pain Management

July 2021

OBJECTIVES

- 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**

Definition of Pain



ACTIVITY #1

Class Discussion

Signs and Symptoms of Pain



Ways to Classify Pain

- **Two major groupings of pain**
- **Location of pain**
- **Duration**
- **Length and onset of symptoms**



What Causes Pain?

- **There are hundreds of reasons for what actually causes pain.**



Pain Specific to Diagnosis

- **Cancer**
- **Heart Disease**
- **Chronic Renal Failure**
- **Urinary Tract Infection**
- **Post-Fracture**
- **Respiratory Illness**



Pain Medications



Side Effects of Pain Medications



Alternative Methods to Manage Pain



Barriers to Reporting Pain



Pain Reactions or Statements



ACTIVITY #2

Pain Words



The Home Care Aide's Role in Pain Management





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.