

NC Department of Health and Human Services  
**NC Home Care Aide Curriculum**  
  
**Module 18 – Pain Management**  
  
July 2021

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**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

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**Definition of Pain**



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**ACTIVITY #1**  
**Class Discussion**

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**Signs and Symptoms of Pain**



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**Ways to Classify Pain**

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



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### What Causes Pain?

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



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### Pain Specific to Diagnosis

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



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### Pain Medications



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### Side Effects of Pain Medications



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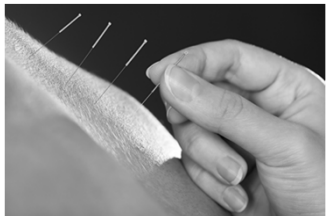
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### Alternative Methods to Manage Pain



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### Barriers to Reporting Pain



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**Pain Reactions or Statements**



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**ACTIVITY #2**

**Pain Words**



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**The Home Care Aide's Role in Pain Management**



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**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.**

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