

PAIN MANAGEMENT: ASSESSMENT AND NON-PHARMACOLOGICAL CARE



Pain is among the most common complaints among clients seeking medical care. More than 25% of the US population suffers from chronic pain. Failure to manage chronic pain, along with the associated risks of opioid use, result in significant morbidity and mortality. In this context, the medical community has increasingly recognized the need for a multi-modality and interdisciplinary team approach to pain management, including use of nonpharmacologic interventions.

Acute vs chronic pain

Acute pain:

- Specific disease or injury as cause
- Useful biological purpose
- Self-limited; resolves with normal healing process
- Treatment aimed at underlying cause

Chronic pain:

- Lasting > 3 months (disease state)
- No biological purpose
- Types: neuropathic, nociceptive, musculoskeletal, inflammatory, psychogenic, mechanical

Pain assessment tools

In order to effectively treat pain, nurses must be able to consistently assess baseline pain level and pain level in response to therapy. Choose the appropriate pain scale based on client age, cognitive status, and ability to verbalize pain level.

Numeric rating scale

Good for older children and adults who are able to verbally articulate their pain level.

Wong-Baker faces scale

Good for younger children or adults who may have difficulty verbalizing, but can point to a face to indicate their pain level.

FLACC and PAINAD scales

- Used for babies, very young children, and clients with dementia who are unable to rate or articulate their pain level
- Observe variables such as facial expression, vocalizations, body movements, and consolability to determine degree of comfort or pain and rate each variable to determine pain score.



Pain Assessment Guide Cheat Sheet

SA Dillow



Pain Assessment Guide Cheat Sheet:

Pain Assessment and Pharmacologic Management - E-Book Chris Pasero, Margo McCaffery, 2010-10-04 Pain Assessment and Pharmacologic Management by highly renowned authors Chris Pasero and Margo McCaffery is destined to become the definitive resource in pain management in adults. It provides numerous reproducible tables, boxes, and figures that can be used in clinical practice and emphasizes the benefits of a multimodal analgesic approach throughout. In addition, Patient Medication Information forms for the most commonly used medications in each analgesic group can be copied and given to patients. This title is an excellent resource for nurses to become certified in pain management. Presents best practices and evidence-based guidelines for assessing and managing pain most effectively with the latest medications and drug regimens. Features detailed step-by-step guidance on effective pain assessment to help nurses appropriately evaluate pain for each patient during routine assessments. Provides reproducible tables, boxes, and figures that can be used in clinical practice. Contains Patient Medication Information forms for the most commonly used medications in each analgesic group to be copied and given to patients. Offers the authors' world-renowned expertise in five sections: Underlying Mechanisms of Pain and the Pathophysiology of Neuropathic Pain includes figures that clearly illustrate nociception and classification of pain by inferred pathology. Assessment includes tools to assess patients who can report their pain as well as those who are nonverbal, such as the cognitively impaired and critically ill patients. Several pain rating scales are translated in over 20 languages. Nonopioids includes indications for using acetaminophen or NSAIDs and the prevention and treatment of adverse effects. Opioids includes guidelines for opioid drug selection and routes of administration and the prevention and treatment of adverse effects. Adjuvant Analgesics presents different types of adjuvant analgesics for a variety of pain types, including persistent chronic pain, acute pain, neuropathic pain, and bone pain. Prevention and treatment of adverse effects is also covered. Includes helpful Appendices that provide website resources and suggestions for the use of opioid agreements and for incorporating pain documentation into the electronic medical record. Covers patients from young adults to frail older adults. Provides evidence-based practical guidance on planning and implementing pain management in accordance with current TJC guidelines and best practices. Includes illustrations to clarify concepts and processes such as the mechanisms of action for pain medications. Features spiral binding to facilitate quick reference.

The Long-term Care Nursing Desk Reference Barbara Acello, 2005 From pain assessment methods to intravenous drip calculations, the Long Term Care Nursing Desk Reference offers long-term care nurses virtually every tool they need to provide high-quality, regulation-compliant long-term resident care. Written by accomplished author and speaker Barbara Acello, MS, RN, this authoritative reference is jam-packed with practical, need-to-know patient care information, essential policies and procedures, and vital regulatory and safety requirements. In short, the Long Term Care Nursing Desk Reference is the book you and your nurses have been waiting for.

[A Guide to Pain Medicine](#) Joseph Chuan Shih Yang, Siu Lun Tsui, 2002-05-01 Pain is the most common symptom when

sickness occurs The treatment of any illness is directed towards both the cure of underlying pathology and the decrease of suffering Every health care provider should be familiar with pain medicine In the last decade an overwhelming amount has been added to our knowledge of pain and its management By contrast with the textbooks on this complex subject A Guide to Pain Medicine is intended to be a convenient practical reference It provides up to date information on specific topics of frequent relevance to the work of the general practitioner The book is designed for clear presentation of the pertinent facts and recent advances on pain medicine As such it also serves as a primer for more comprehensive study The reader is encouraged to bring the book to the clinic and ward for reading and reference In this way a firm foundation for pain medicine could be acquired

Health Assessment and Physical Examination Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health assessment is an ongoing process that evaluates the whole person as a physical psychosocial and functional being whether they are young or old well or ill This market leading text presents health assessment physical examination information and skills for health professionals who undertake these types of assessments Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment following a body systems approach and a head to toe approach It uses the ENAP Examine Normal Abnormal Pathophysiology approach as a tool for students to collect useful information An applied case study at the end of each chapter walks students through an example of an assessment This comprehensive yet student friendly text is noted for its high quality case studies pedagogical elements and excellent student resources Unique to this text are the advanced topics and Urgent findings which highlights serious or life threatening signs or critical assessment findings that need immediate attention

Pain Margo McCaffery, Chris Pasero, 1999 Pain Clinical Manual advocates an interdisciplinary approach to the care of patients with often under treated pain This book makes the application to scientific knowledge to the development of practical tools and guidelines for the care of patients in all clinical settings and all age groups Provides ready to use forms and recommendations for pain care committees to assist health care facilities to prepare for JCAHO inspections Includes two FREE pocket size laminated cards equianalgesic charts to assist clinicians with dose calculations when changing routes of administration or analgesics and dosing guides to commonly used adjuvants and nonopioids Includes FREE access to Mosby's PAIN WEBSITE The most clinically useful book ever published on pain written by authorities who helped establish the pain management movement Includes 11 new chapters and five expanded and updated chapters to provide the most accurate up to date and comprehensive pain management information Includes icons to alert the reader to important need to know information such as pediatric content patient examples and reproducible material Features over 200 boxes and tables to help quickly locate key information and apply complex concepts at the bedside Presents a unique multidisciplinary perspective Provides ready to use practical proven and reproducible tools pain assessment and documentation forms and guides to analgesic use Contains patient information handouts on analgesics and nondrug methods of pain relief to educate the patient

family caregiver about the patient's specific pain management. Includes reproducible key policies, procedures, and protocols to assist the clinician in implementing patient-focused interdisciplinary pain management. Presents pharmacology content in four chapters: the three analgesic groups and an overview of how to combine them to provide a readily understandable reference and practical resource. Includes quick guides with illustrations of selected pain problems such as pain related to sickle cell disease, peripheral neuropathy, and fibromyalgia. Contains pain rating scales in over 20 languages to enhance patient/clinician communication in culturally diverse populations. Clinical Practice Guideline, 1992. Charting Made Incredibly Easy! Lippincott, 2012-03-29. In its Fourth Edition, Charting Made Incredibly Easy provides up-to-the-minute guidelines on documentation in a comprehensive, clear, concise, practical, and entertaining manner. The book reviews the fundamental aspects of charting, such as the medical record, the nursing process, and legal and professional requirements; guidelines for developing a solid plan of care and the variety of charting formats currently being used. It also addresses the specific requirements for charting in acute care, home care, and long-term care and rehabilitation settings. Special elements found throughout the book make it easy to remember key points. This edition includes new information on cultural needs assessment, HIPAA, National Patient Safety Goals, and electronic health records. *Pain Medicine* Siu Lun TSUI, Phoon Ping CHEN, Kwok Fu Jacobus Ng, 2010-08-01. This is designed as a textbook for medical practitioners preparing for higher qualification examinations in pain medicine, as well as a reference book for other medical and allied healthcare workers. A unique feature of the book is its multidisciplinary approach to manage pain. This is reflected by the contributors' multi-national cultural origin and the diversity in their medical background: anaesthesiology, neurosurgery, orthopaedic surgery, internal medicine, clinical oncology, clinical psychology, nursing, physiotherapy, and occupational therapy. Essential topics in pain medicine are grouped under five sections: scientific basis of pain medicine, common clinical pain conditions, pain pharmacology, interventional procedures, and multidisciplinary approach. Different aspects and approaches in modern pain medicine are covered, including advances in research on pain mechanism, pain psychology, epidemiology, diagnosis, pain assessment, patient evaluation, pain medications, up-to-date interventional procedures, cognitive behavioral therapy, and other specialized therapeutic modalities. Besides the above topics, which assist the patient in fighting acute, chronic, and cancer pain, there are two chapters dedicated to paediatric and geriatric patients, respectively, as special consideration is needed for these age groups. **Veterinary Technician and Nurse's Daily Reference Guide** Mandy Fults, Kenichiro Yagi, 2022-04-26. The revised and expanded new edition of this classic reference to daily skills used by veterinary technicians. Veterinary Technician and Nurse's Daily Reference Guide: Canine and Feline provides rapid access to the information veterinary technicians need in clinical practice. With an easy-to-use tabular format, the book covers diagnostic and patient care skills, diseases and conditions, preventive care, anatomy, anesthesia, and all other major areas of veterinary technician education and training. Chapters written by experienced veterinary specialists integrate charts, tables, and concise explanatory text to enable

quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its relation to veterinary nursing Expanded and updated coverage includes novel therapeutics in dermatology vaccination standards pain assessment and management stress free handling and nursing care strategies RECOVER CPR guidelines and more Equally useful in the classroom and in the clinic this popular quick reference guide Provides new and updated content including coverage of advancements in diagnostic capabilities and of pharmacologic agents used in treatment and management of disease states Contains hundreds of clear illustrations and high quality photographs Includes a comprehensive table of contents in each chapter Features a companion website with forms and worksheets self review questions vocabulary flashcards links to online resources and PowerPoint slides Veterinary Technician and Nurse s Daily Reference Guide Canine and Feline Fourth Edition remains an invaluable resource for both student and practicing veterinary technicians and nurses of all skill and experience levels

The Royal Marsden Manual of Cancer Nursing Procedures Sara Lister,Lisa Dougherty,Louise McNamara,2018-11-19 The Royal Marsden is the world s first hospital dedicated to cancer diagnosis treatment research and education a centre of excellence with an international reputation for ground breaking research and pioneering the very latest in cancer treatments and technologies as well as specialising in cancer diagnosis and education This companion volume to the internationally successful The Royal Marsden Manual of Clinical Nursing Procedures is designed to support practitioners who work specifically with oncology patients by providing detailed evidence based procedures and rationale and problem solving guidance on all aspects of oncology nursing The Royal Marsden Manual of Cancer Nursing Procedures Is organized and structured to represent the needs of the patient along their care pathway Provides the latest evidence underpinning all procedures Includes information on haematological procedures pain assessment and management wound care oncological emergencies and end of life care Gives detailed guidelines on supporting patients living with cancer with practical information on such things as benefits exercise and nutrition The Royal Marsden Manual of Cancer Nursing Procedures is an invaluable definitive resource for all those involved in the provision of cancer care and support to patients and their families

The Long-Term Care Legal Desk Reference Barbara Acello,2006

Alexander's Care of the Patient in Surgery - E-Book Jane C. Rothrock,2010-06-09 For more than 65 years Alexander s Care of the Patient in Surgery has been a trusted source for detailed information on perioperative nursing Well known author and educator Jane C Rothrock sets up a solid foundation for practice and offers step by step instructions for over 400 surgical interventions as well as many minimally invasive surgical procedures all backed by the latest research More than 1 000 full color illustrations and photos depict procedures and methods as well as surgical anatomy and instrumentation This edition adds Rapid Response Team boxes with suggested interventions plus coverage of new trends in patient and staff safety the

increase in interventional radiology and the growth of outpatient ambulatory surgery Alexander s gives you the tools you need to provide safe cost effective high quality patient care

Quality Assurance and Performance Improvement

Emmanuel Anene,2012-03-07 This book is intended to aide home health owners administrators and managers in practicing good goal directed and efficient care of their patients It is my intention that if this book is properly put to use by all home health care professionals the home health agencies and their patients will benefit immensely Home Health Care has and will continue to undergo changes The use of qualified staff and the effective management of the agencies by their owners and administrator through knowledge and understanding of home health rules and regulations is key to coping with the changes

Rapid Reference for Nurses Karren Kowalski,Patricia S. Yoder-Wise,2005-07 This text equips nursing students with the facts and figures they need for early clinical experiences Contains a wealth of information ranging from CPR medical terminology and abbreviations to professional references organizations and licensure

Textbook of Palliative Nursing

Department of Nursing Education and Research City of Hope National Medical Center Betty R. Ferrell Research Scientist,Supportive Care Program Nessa Coyle Director, Pain & Palliative Service Department of Neurology Memorial Sloan-Kettering Cancer Center,2005-11-10 Originally published in 2001 the Textbook of Palliative Nursing has become the standard text for the field of hospice and palliative care nursing In this new edition the authors and editors have updated each chapter to ensure that the content is evidence based and current references are included They also have retained the important focus on case studies throughout the text and practical clinically relevant tables figures and other resources Like the previous edition this text has an introductory section of the general principles of palliative care followed by a comprehensive section on symptom assessment and management encompassing twenty one different symptoms Other key sections include psychosocial support and spiritual care providing holistic perspective on care of patients facing advanced disease The text also includes an innovative section on special populations addressing those most in need of palliative care The textbook is a useful resource for all nurses with the excellent section on end of life care across settings In this new edition the pediatric palliative care section has been greatly expanded and includes seven separate chapters on pediatric care It includes a section on special issues addressing topics such as ethical considerations nursing research and public policy perspectives and concludes with a section presenting models of excellence including six international models This edition also offers a narrative on dying based on a spouse s perspective The text includes an appendix with an extensive list of resources for nurses in the field

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty,Sara

Lister,2015-03-05 Nationally recognised as the definitive guide to clinical nursing skills The Royal Marsden Manual of Clinical Nursing Procedures has provided essential nursing knowledge and up to date information on nursing skills and procedures for over 30 years Now in its 9th edition this full colour manual provides the underlying theory and evidence for procedures enabling nurses to gain the confidence they need to become fully informed skilled practitioners Written with the

qualified nurse in mind this manual provides up to date detailed evidence based guidelines for over 200 procedures related to every aspect of a person s care including key information on equipment the procedure and post procedure guidance along with full colour illustrations and photos Following extensive market research this ninth edition contains the procedures and changes in practice that reflect modern acute nursing care includes thoroughly reviewed and updated evidence underpinning all procedures is organised and structured to represent the needs of a patient along their care pathway integrates risk management into relevant chapters to ensure it is central to care contains revised procedures following hands on testing by staff and students at Kingston University is also available as an online edition *Connections*,2001 **Clinical Practice Guidelines for Midwifery and Women's Health** Nell Tharpe,Cindy L. Farley,Robin G. Jordan,2012-05 Clinical Practice Guidelines for Midwifery Women s Health Fourth Edition is a trusted quick reference guide to midwifery and well woman care Completely updated and revised this new edition reflects the rapidly changing clinical environment It addresses documentation and risk management to aid in decision making and appropriate document care Convenient and easy to use this new edition encompasses traditional empirical and evidence based practice to meet the needs of a broad range of new and experienced practitioners and patients Meets the recommendations of the American College of Nurse Midwives ACNM and the Midwives Alliance of North America MANA for written policies and or practice guidelines Reflects current and emerging midwifery and women s health practice Provides support and guidance for daily clinical decision making

Evidence-Based Geriatric Nursing Protocols for Best Practice Marie Boltz,Marie P. Boltz,Elizabeth Capezuti,Terry T. Fulmer,2024-09-26 Praise for previous editions The evidence based protocols are designed as a primary reference and are useful substantive and timely The broader contributions of useful format and succinct review of the evidence make it likely that this text will continue to be the leading resource in nursing education and practice The Gerontologist As a gerontological clinical educator research nurse I will often use this as a reference The format and the content are good and the explanations of how to best use the evidence simplify the process of sifting through mountains of information to figure the best practice Score 97 Doodys The result of a collaboration between expert practitioners and educators in geriatric nursing the seventh edition of this acclaimed reference has been updated and revised with new information on chronic conditions and emerging models of care presented in 10 completely new chapters It provides the most current evidence based protocols for improving both quality of care and patient outcomes when caring for older adults in multiple disciplines and settings As in past editions the seventh edition is distinguished by its use of a rigorous systematic method AGREE Appraisal of Guidelines for Research and Evaluation to improve the validity of the book s evidence based content Chapters provide assessment and management principles clinical interventions and information on specialty practice and models of care Included in most chapters are protocols developed for each clinical condition by experts in that specific area Evidence is current and derived from all settings of care including community primary acute and long term care Protocols include an overview and evidence based

assessment and intervention strategies Illustrative case studies with discussion are presented in most chapters along with chapter objectives and references with evidence ratings Instructor s resources include an AACN Mapping Grid Course Cartridge Transition Guide PowerPoints and Test Bank New to the Seventh Edition Updated to encompass the latest trends in older adult care chronic conditions and emerging models of care New chapters on care and management of diabetes and respiratory care New chapters on issues surrounding nutrition and dementia and mental illness New chapter on care and comfort at the end of life New chapters on adopting principles of diversity equity and inclusion and an age friendly health system into practice New chapters on models of care in long term community based and primary care Key Features Delivers easy to follow geriatric protocols for best practices Updates evidence regularly to reflect current practice standards Encompasses a broad scope of content including detailed information rarely covered in professional literature Offers case studies and discussions to illustrate application of protocol to practice Written by renowned leaders in geriatric nursing education and practice Use of AGREE Appraisal of Guidelines for Research and Evaluation to improve the validity of evidence throughout the text

Encyclopedia of Clinical Pharmacy Joseph T. DiPiro, 2012-11-04 The Encyclopedia of Clinical Pharmacy is a valuable resource for today s clinical pharmacist and pharmacotherapist Over 200 researchers and practitioners provide ready access to more than 5 000 primary literature citations and hard to find research on Gene therapy Health service delivery models Best practices documents Pharmaceutical software development Legal controversies ethical issues and court rulings Drug dosing and electronic prescription Post marketing surveillance Generic equivalency Quality management procedures Educational and training programs Compiling expertise and recommendations from the American College of Clinical Pharmacy and the American Society of Health System Pharmacists the Encyclopedia unravels the increasing complexity of pharmacotherapy the problems of medication related morbidity and mortality and the impact that clinically empowered pharmacists have on assuring safe and effective pharmaceutical care for patients

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