



COURSE OBJECTIVES RN/EEN and EN

After completion of this education series RN/EN staff will be able to:

- Identify the presence of pain either through resident self reporting or through observation techniques
- Assess a resident's pain accurately utilizing pain assessment tools available (RVBPI, unidimensional tools and ABBEY/PAINAD).
- Identify barriers to effective pain assessment
- Discuss pain management options including pharmacological and non- pharmacological (including psycho-social, spiritual and CAM).
- Identify and discuss management of side-effects of pain management strategies

The following expansion of objectives identifies what each member of staff (RN/EEN/EN) should be able to perform/know.

Objective 1

Identify the presence of pain either through resident self reporting or through observation techniques

- Identifies some causes of pain
 - Arthritis – RA, OA
 - Nerve pain – diabetes
 - Bowel Problems
 - Strokes
 - Heart Problems/Poos Circulation
 - Falls

See Fact Sheet 5.1 for further details

- Identification of pain is a two step approach

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- Verbal reporting from resident at rest and during movement
- Observation of the resident at rest during movement or performance of duties of care by care staff
- Use appropriate language or words relative to the resident eg. Pain, ache, tenderness etc

- Can recognize some of the impacts of pain
 - Changes in behaviour
 - Changes in social interactions
 - Changes in activity levels
 - Emotional/Social changes
 - Physical Health
 - Quality of Life

- Lists some of the signs of pain
 - Facial expressions
 - Body Language /Movements
 - Activity Levels
 - Mental Status
 - Vocalisation
 - Behavioural/Personality
 - Physical changes

For more detailed information for each of these signs see Fact sheet 5.2 PMG kit.



- Utilizes family members or friends to obtain information where appropriate
- Pain identification is a continual process and should be formally completed:
 - On admission
 - With a change in the resident's condition
 - Whenever pain is suspected
 - At least every 3 months

Objective 2

Assess a resident's pain accurately utilizing pain assessment tools available (RVBPI and ABBEY/PAINAD and unidimensional tool).

- Can discuss the differences in pain types and how through assessment these can be identified.
- Discusses what is assessed in a complete pain assessment
- Completes a M - RVBPI assessment
- Completes a Abbey/PAINAD assessment
- Uses 'WILDA' or 'BODIES' as a tool for communication of assessment changes in resident
- Identifies uni – dimensional pain tool types for ongoing assessment
- Note that assessment is often better when undertaken during movement/transfer rather than at rest.

Objective 3

Identify barriers to effective pain assessment

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- States the major barriers to pain identification
 - Cognitive impairment – dementia, confusion
 - Difficulties with communication – deaf, difficulty speaking
 - Cultural and ethnic differences
 - Social differences- education level
 - Personal attitudes and beliefs
 - Workloads of staff

Objective 4

Discuss pain management options including pharmacological and non-pharmacological (including psycho-social and spiritual).

- Identifies factors that can affect the pain threshold
- Devises a pain management care plan
- Pharmacological – discusses the options available – paracetamol, NSAIDs, opioid's, neuroleptics for neuropathic pain
- Non- pharmacological
 - Utilizes heat packs
 - Utilizes massage therapy
 - Emotional and Spiritual Support – staff and family, dealing with emotional disturbances/depression
 - Physical Therapy - exercises
 - Activities
 - CAM – complementary



Objective 5

Identify and discuss management of side-effects of pain management strategies

- RN/EEN/EN need to be aware of potential side effects of some medication and how they can be managed, particularly:
 - Constipation (note prophylactic treatment should be routine)
 - Nausea
 - Dizziness
 - Increased confusion or altered behaviour
 - Drowsiness



References

Edith Cowan University (2007) *The PMG Kit for Aged Care: An Implementation Kit for The Australian Pain Society's Pain in Residential Aged Care Facilities Management Strategies*. Barton, ACT Commonwealth of Australia