

Unravelling the mystery of pain

Nursing the painful patient

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Case Sharing



Total pain

Physical pain
Psychological pain
Social pain
Spiritual pain

→ Physical pain must be controlled before the patient is able to address the issues contributing to his or her psychological and spiritual anguish

(Saunders, 1967)

Pain control

Pain management guidelines

Effective analgesia

? Adequate pain control

Pain control

Issues to be concerned :

- communication shortcomings
- perceptual barriers
- attitudinal hurdles

(Fielding & Chan, 2000)

Nurse's role in pain control

1. **Improved patient analgesia** with careful assessment and documentation of pain by **nurse**.
(Scott, 1994)
2. Formal assessment of pain and careful documentation by **nurses** are **imperative for effective pain control**

(Clarke et al. 1996 : Scott, 1994)

Nurse's role in pain control

Caring a patient with pain,

we have to understand :

- What it is ?
- How to assess ?

What is pain ?

... always trust what the patient tells you

Vital signs

In order to assess the most basic body function

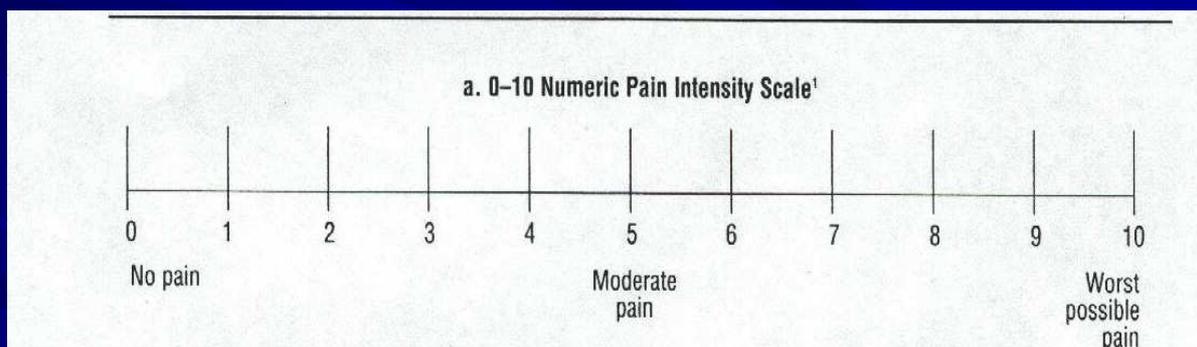
- Primary 4 :
- Temperature
 - Blood pressure
 - Pulse
 - Respiratory rate

The 5th vital sign - usually refers to pain

(Walid et al 2008)

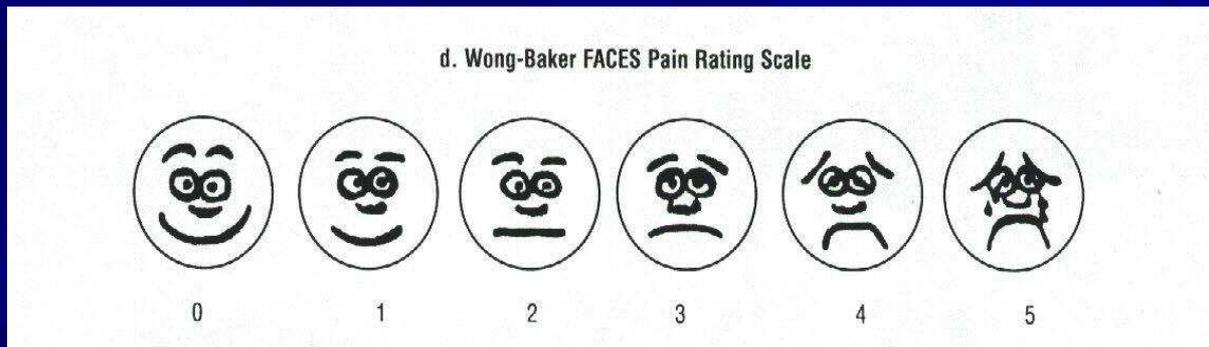
Severity of pain

Numerical rating scale e.g. 0 – 10



Severity of pain

Wong Baker Faces Pain rating scales



Severity of pain

own acceptable level of pain :

Different tolerance

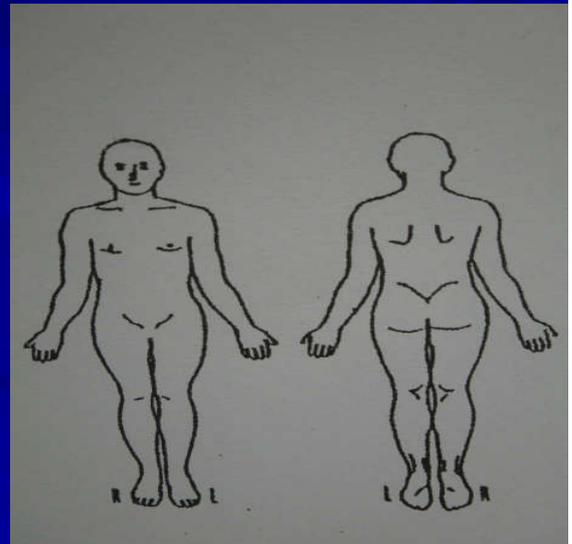
Some patients prefer to tolerance mild level of pain rather than control to the zero level

Character of Pain

sharp, throbbing, burning, searing, stinging,
intense, shooting, dull

Location of pain

- May be the same whenever you ask
- May be not, since new pain may develop
- In one site
- In many areas



Palliation and provocation

What makes the pain better, or palliates

→ may only be analgesics

or

may be simply changing position

What makes the pain worse, or provokes

→ movement or lying on a particular side

Assessing non-verbal signs of pain

If the person is communicable, it is easy to record and report the pain

If the patient is unable to communicate, we have to be aware of physical signs and symptoms, activities, feeding

Assessing non-verbal signs of pain

- * Clench their teeth / bite the lower lip
- * Shut their eyes tightly / dull eyes
- * Facial grimacing
- * Hold the pain part of the body still
- * Rub the sore body part
- * Guard the area of pain or withdraw for touch to that area
- * Moaning, groaning, cry out
- * Restlessness and agitation / constant shifting in bed
- * Sweating, appear pale
- * Rapid or shallow breathing

Patient's response

- Different, may be affected by background or culture
- Not so serious when family is there, or
- Worse when family is around
- Say nothing about the pain, or
- Cry out or complains
- Want quick relief
- Pain relief is a sign of weakness
- Pain medication is addictive

Documentation

- Severity
- Location
- Medications given
- Treatments given

Care the patient in pain

A. Talk to the patient

- Show that you recognize the patient's pain and respond with a caring attitude.
- Listen carefully to what the patient says about the pain.
- Be empathetic
- Talk slowly and quietly with the patient

Care the patient in pain

B. Positioning

- Change the position of the patient to make him or her more comfortable
- Place padding over pain areas of the body
- Move the patient in a gentle way slowly

Care the patient in pain

C. Act to relief the pain

- Give analgesia regularly

D. Heat or cold pads

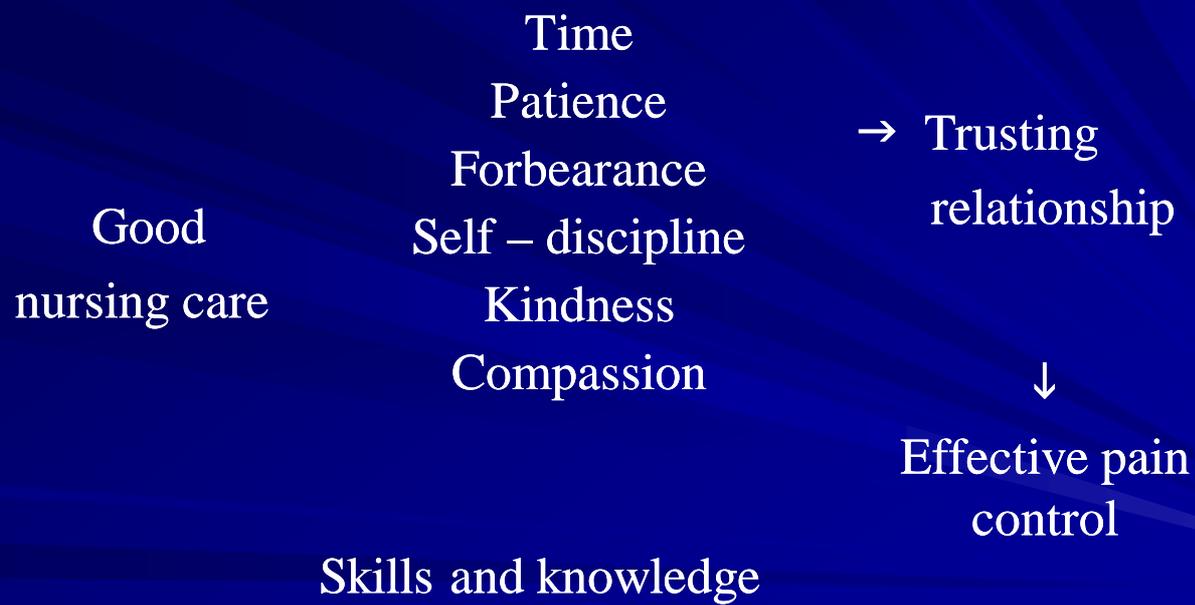
- Apply heat or ice to the painful area

Care the patient in pain

- E. Distraction
- F. Gentle massage
- G. Relaxation / Imagery
- H. Relief of psychological pain
- I. Or simply
 - offer appropriate food
 - give enough fluids
 - give a warm, relaxing bath

Care the patient in pain

- H. Care the painful patient's family
 - Talk to them, they may understand more
 - Comfort, reassure and support
 - Let them know we care and concern their loved one's pain or other discomforts



Good basic nursing care
may help alleviate symptoms simply

Excellence

is doing ordinary things
extraordinary well

(John W. Gardner)



Thank You