

Pain Tools – Links
February 7, 2003
Resources for creating your own Pain Relief Resource Manual

Collections of Tools:

North Dakota Health Care Review, Inc

A full package of tools in .pdf format* and with the NDHCRI logo

<http://www.ndhcricri.org/hcqip/Toolhome.html#Pain>

Including (but not limited to):

- Behavior Observation Scale
- Comprehensive Assessment Tool – Cognitively Impaired
- Comprehensive Assessment Tool – Cognitively Intact
- Discussing Addiction with Residents and their Families
- Fax Back Sheet
- Graphic Vital Signs Record
- Inappropriate Medications
- Pain Screening Form
- Nurse Worksheet for Phone Call Interventions

Educational Development Center

Links to useful tools from innovations in end-of-life care

<http://www2.edc.org/lastacts/pain.asp>

Includes:

- Pain Audit for Residents with Cognitive Impairment/Dementia From Genesis ElderCare
- Pain Algorithms
- Pain Flow Sheets
- Pain Management Guidelines

Partners Against Pain

Pain scale in 18 languages

http://www.partnersagainstpain.com/html/assess/scales/as_scale2.htm

For patients who are not native English speakers, one of the 18 translations may be the best way to accurately assess pain.

Pain assessment tools

http://www.partnersagainstpain.com/html/assess/as_tools.htm

Includes:

- Opioid Therapy Documentation Kit
- 18 instruments used to assess quality of life (QOL) in people with acute, chronic, and/or cancer pain

ABCs of pain management

http://www.partnersagainstpain.com/html/assess/as_abc.htm

The ABCs (A through E) include **A**sking about pain, **B**elieving patients, **C**hoosing pain control, **D**elivering interventions, and **E**mpowering patients and their families.

American Society of Consultant Pharmacists

Pain management resource page

<http://www.ascp.com/public/pr/pain/>

Includes:

- Statement on pain recognition and assessment in older adults
<http://www.ascp.com/public/pr/policy/painrecognition/>
- Guidelines for pain recognition and assessment in older adults
<http://www.ascp.com/public/pr/guidelines/painrecognition/>
- Clinical reference cards for pain recognition and assessment in older adults (for sale)
http://www.ascp.com/store/detail.lasso?-database=products.fp3&-layout=www_products&-search&ID=20001
- Also, lists of journal article references, online resources and continuing education, and pain, palliative care, and hospice organizations

The American Geriatrics Society (AGS) Foundation for Health in Aging

The management of persistent pain: Resources for older adults and caregivers.

http://www.healthinaging.org/public_education/pain/

Includes:

- Patient education forum, with frequently asked questions (FAQs) on the assessment and management of pain
- A pain diary tool to describe and keep track of pain experiences (in .pdf format*)
- A medication and supplement diary tool to record use of all pain medications (in .pdf format*)
- A guide to safe use of pain medications among older adults
- An assessment tool for persons with dementia (in .pdf format*)
- A comprehensive online guide for caregivers, including a chapter on pain management problem-solving

These topics are based on the clinical practice guidelines developed by the American Geriatrics Society (AGS) for the management of persistent pain in older adults (see above, under *American Geriatrics Society*).

Other tools for Providers:

Painlab.com

JHACO pain standards

http://www.painlab.com/jcaho_standards.htm

Includes the following pain management standard topics, as announced at the JHACO summit meeting 01/01/01:

- 1) Rights and Ethics
- 2) Assessment of Persons with Pain
- 3) Care of Persons with Pain

- 4) Education of Persons with Pain
- 5) Continuum of Care
- 6) Improvement of Organizational Practice

Daily pain graph

http://www.painlab.com/pain_graph.htm

Fill in the corresponding box with the square indicating pain level for that part of the day. Flare-Up dosages indicate which additional pain medications were taken outside the daily regimen.

Elsevier Science

Wong/Baker FACES scale

<http://www3.us.elsevierhealth.com/WOW/faces.html>

Offers details on the development of the Wong/Baker FACES Scale, as well as an opportunity to download the scale and obtain permission to use it, via a request form.

Provider Education

Brown University Center for Gerontology and Health care Research

Fast facts on pain management

<http://www.chcr.brown.edu/commstate/fastfacts.htm>

Includes seven files in .pdf format* available to download:

- 1) Critical Components for Assessment
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS1.pdf>
- 2) Types of Pain
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS2.pdf>
- 3) World Health Organization Step Ladder
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS3.pdf>
- 4) General Guidelines for Analgesic Medication Orders
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS4.pdf>
- 5) Neuropathic Pain
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS5.pdf>
- 6) Nurse-Physician Communication
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS6.pdf>
- 7) Increasing an Opioid Dose
<http://www.chcr.brown.edu/commstate/PDF/FASTFACTS7.pdf>

Persons living in nursing homes with persistent severe pain

www.chcr.brown.edu/dying/severepain.htm

Contains information on the rate of pain in nursing homes in the United States, as well as the ability to search for state-specific rates.

The prevalence and treatment of pain in US nursing homes

<http://www.chcr.brown.edu/COMMSTATE/PAINMONOGRAPHWEBVERSION.PDF>

Joan Teno, MD, et al. used computerized resident assessment data from 1996 to analyze the prevalence of pain and its management among residents of nursing homes in 11 states. The write-up of the authors study is available in .pdf version.*

Resident/Family Education

Endo Pharmaceuticals

Understanding your pain using a pain rating scale.

http://www.endo.com/PDF/understand_pain.pdf

A two-page color brochure used to educate residents on their pain: includes 1-10 pain scale and faces pain rating scale.

Source: Adapted from McCaffery M, Pasero C. Pain: Clinical Manual, 2nd Ed., 1999: Mosby, Inc.

Pain Management for Cognitively-Impaired Residents

Healthlink: Medical College of Wisconsin

Protocol for pain management in residents with dementia (ADD Protocol)

<http://healthlink.mcw.edu/article/967581724.html>

The ADD represents a protocol developed by David E. Weissman, MD, and colleagues, and tested at Wisconsin nursing homes as part of a larger education project to improve pain management practices. The ADD Protocol aims to help physicians and caregivers:

- More accurately assess discomfort in people with dementia who can no longer verbally describe pain or emotional discomfort
- More accurately and thoroughly treat physical pain or emotional discomfort
- Decrease the inappropriate use of psychotropic medication, such as tranquilizers

The article includes protocol and results from testing it in 32 facilities.

National Organizations

American Geriatrics Society (AGS)

The management of persistent pain in older persons: APS panel on persistent pain in older persons.

http://www.americangeriatrics.org/education/manage_pers_pain.shtml

Includes access to:

- The executive summary of the AGS clinical practice guidelines
- The complete AGS clinical practice guidelines

Source: JAGS June 2002; 50(S6): 205-224.

Note: To view the complete guidelines, you must be a registered online member, or pay for a single article purchase)

Exercise prescription for older adults with osteoarthritis pain: Consensus practice recommendations. A supplement to the AGS clinical practice guidelines on the management of chronic pain in older persons. JAGS June 2001; 49(6): 808-823.

http://www.americangeriatrics.org/products/positionpapers/oe_guidelines.pdf

Available in .pdf format*

National Guideline Clearinghouse

Assessment and management of acute pain.

http://www.guidelines.gov/FRAMESETS/guideline_fs.asp?guideline=002327&sSearch_string=pain

The recommendations for the assessment and management of acute pain are presented in the form of an algorithm with 23 components, and are accompanied by detailed annotations. Clinical highlights and selected annotations (numbered to correspond with the algorithm) follow the algorithms.

Source: Institute for Clinical Systems Improvement (ICSI); 2001 Nov. 74 p.

American Chronic Pain Association (ACPA)

www.theacpa.org

The ACPA web site includes information about chronic pain, pain management, FAQs, and other resources.

The American Pain Society (APS)

Joint commission pain standards: A progress report.

<http://www.ampainsoc.org/pub/bulletin/nov02/poli1.htm>

The pain management standards developed during a two-year collaboration between the University of Wisconsin Medical School and the Joint Commission standards department, with support by the Robert Wood Johnson Foundation, integrated pain assessment and management into standards in order to make pain management a priority in health care. Now that several years have passed since the adoption of these standards, there has been time to reflect on the rationale behind them, to examine the controversies that arose, and to share early survey data from the Joint Commission: the APS progress report has undertaken this task.

Source: APS Bulletin Nov/Dec 2002; 12(6).

American Health Care Association (AHCA)

Pain management: The ethical dilemma.

<http://www.ahca.org/news/provider/pv9805cv.htm>

A cover story on pain among the elderly residents of acute and long-term care facilities: includes barriers to pain control, legal implications, the terminally ill, and the use of pain scales. Features a comprehensive list of online resources.

Source: Provider for Health Professionals May 1998.

The American Occupational Therapy Association, Inc.

Managing daily life when living with chronic pain: Tips for living

<http://www.aota.org/featured/area6/links/link02i.asp>

Describes the extent and symptoms of chronic pain, as well as the role of occupational therapy in a pain management program.

Tackling low back pain: Tips for living

<http://www.aota.org/featured/area6/links/link02bc.asp>

Information concerning low back pain, what can help alleviate it, and the role of occupational therapy in decreasing low back pain. Also available at this site in .pdf format.*

Joint Commission on Accreditation of Healthcare Organizations

Joint Commission focuses on pain management

<http://www.jcaho.org/news+room/health+care+issues/jcaho+focues+on+pain+management.htm>

JCAHCO recognizes pain as a major and largely preventable public health concern, and has developed standards to create new expectations regarding the assessment and management of pain in accredited hospitals and other health care settings. These standards have been endorsed by the American Pain Society (APS) and are outlined in this press release.

Background on the development of the joint commission standards on pain management

<http://www.jcaho.org/news+room/health+care+issues/pain.htm>

This press release describes the development of the Joint Commission standards and pain management, as part of a collaborative effort between the Joint Commission and the University of Wisconsin Medical School.

National Institutes of Health (NIH) Consensus Development Program

Acupuncture

http://odp.od.nih.gov/consensus/cons/107/107_intro.htm

Provides the Consensus Statement regarding the use of acupuncture as a therapeutic intervention in .html or .pdf formats.* The Consensus Panel indicates that acupuncture may be useful as an adjunct treatment, an acceptable alternative, or as part of a comprehensive management program for a variety of types of pain.

Source: Acupuncture Nov. 3-5 1997; 15(5).

Other Online Resources

hcPro's snfinfo.com: The long-term care information supersite

Seven tips for assessing residents' pain

http://www.snfinfo.com/content.cfm?content_id=11271

Consultant Steven Littlehale, MS, RNC, CS, chief clinical officer at LTCQ, Inc., in Bedford, MA, recommends these seven steps for assessing pain among long-term-care residents.

hcPros' healthcare marketplace: The online store for healthcare management professionals

Pain management: How to meet the new JCAHO standards and improve patient care

www.hcmarketplace.com/Prod.cfm?id=484&S=EV7452A

Describes a customizable video that can help transform pain assessment and management practices. Available for purchase.

City of Hope: Beckman Research Institute
Pain/palliative care resource center website
<http://prc.coh.org/>

Provides a list of available resources on a range of pain and palliative care topics including Pain and Quality of Life, Pain in the Elderly, Quality Improvement, Pain Assessment Tools, and Non-Drug Pain Interventions.

**The Adobe Acrobat Reader is available for free download from <http://www.adobe.com/> to view documents in .pdf format.*