

**NESS COUNTY HOSPITAL
NESS CITY, KANSAS
LONG TERM CARE
POLICIES AND PROCEDURES**

Title: Pain Management

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Effective: 10-3-01

PURPOSE

Pain management will be a part of each resident's initial and ongoing assessment. The resident's individualized plan of care will address medication and non medication based interventions that promote the resident's comfort. Residents and family will be educated about pain and its management.

PRINCIPLES OF PAIN MANAGEMENT

1. Always ask resident about pain or comfort level.
2. All residents who are experiencing pain have the right to have their pain relieved to the greatest extent possible. The nurse's goal is to reduce pain at least to a level specified by the recipient of care, while recognizing that all persons have the right to refuse treatment.
3. Accept the resident's word about pain and its intensity.
4. Never underestimate the potential effect of acute or chronic pain on a resident's overall condition and quality of life. Be compulsive in the assessment of pain.
5. Attempt to differentiate between physical and psychological pain.
6. Treat pain, don't wait for a diagnosis to relieve suffering.
7. Use a combined approach of drug and non-drug strategies when possible.
8. Mobilize residents physically and psychologically. Involve residents in their therapy.
9. Use analgesic and anti-inflammatory drugs correctly. Start doses low and increase slowly. Achieve adequate doses and anticipate side effects.
10. Persons with a history of substance abuse have the right to adequate pain relief, even if opioids must be used. Such persons require specialized care and treatment.
11. Anticipate and attend to anxiety and depression.
12. Pain management continues even if the person becomes unresponsive.
13. Sedation is an acceptable means of controlling pain and discomfort when all other reasonable efforts have failed.
14. Reassess responses to treatment. Alter therapy to maximize functional status and quality of life.
15. Assisted suicide and euthanasia are illegal in the state of Kansas and are not acceptable alternatives to optimal pain management.