

**PAIN CONTROL – USE OF ANALGESICS**

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Analgesics: Group of drugs given for the control of pain.

“Pain isn’t an easy condition to define. It is a sensation. Sensations can be interpreted in different ways. The perception of pain is influenced by:

1. Fatigue.
2. Anxiety.
3. Fear.
4. Anticipation of pain.

How we feel pain:

1. Free nerve endings act as pain receptors.
2. Impulses (special messages) travel through specialized pain fibers to the spinal cord and then to the brain.
3. Brain sends a message to the body about the pain. **EXAMPLE:** If you are touching a hot stove, the brain will tell your hand to pull away.

Understanding pain assessment.

1. Pain assessment is the duty of the licensed nurse and physician.

CMT’s have an obligation to understand the pain assessment and management process:

1. Document the individuals statement of pain as whatever her/she says it is.
2. In the case of chronic or intractable pain, give analgesics in doses high enough and frequent enough to control the pain.
3. For chronic or intractable pain, treat the pain before it returns.
4. For any other pain, treat without delay as soon as it is reported. In the case of residents who are not able to report pain, treat as soon as symptoms are noted:
  - A. Be alert for behaviors that may indicate pain. Actions speak louder than words when residents are in pain. Pay particular attention to physical aggression, verbal aggression, facial expressions, restlessness, and resistance to caregivers. When implementing a facility behavior intervention program, start with considering the pain assessment of each resident. The following list of actions may represent pain.

- B. Facial expressions – frown, grimace, fearful, sad, teeth clenched, eyes wide open or shut tight.
  - C. Physical movements – restless, fidgeting, absence of movement, slow or cautious movements, guarding, rocking, rigidity, rubbing, holding parts of body, wandering.
  - D. Vocalizations – groaning, moaning, repeated phrases, yelling out, and noisy breathing.
  - E. Social – sleepless or sleeping most of the time, irritability, agitated, combative, crying, trying to get attention, refusal to go to activities, loss of appetite, withdrawn, resist care.
  - F. Aggression – physical or verbal.
5. Acute pain must be evaluated by a physician to treat the cause.