

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT **Pain Management**

REVIEW MODULE CHAPTER **4**

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

- effective pain management includes the use of pharmacological and nonpharmacological pain management therapies
- assessment challenges can occur with clients who are cognitively impaired, critically ill, or on a ventilator.
- Pain categories include acute, chronic and Nociceptive
- Substances that increase pain transmission and cause an inflammatory response include substance P, prostaglandins, bradykinin, and histamine
- Substances that decrease pain transmission and produce analgesia include serotonin and endorphins.

Underlying Principles

- Focused pain assessment which include:
 - >Location that is where is the pain
 - >quality -how the pain feels
 - >measures-intensity, strength and severity
 - > timing-onset, duration and frequency
 - >setting
 - >Associated manifestations
 - >Aggravating or relieving factors
- risk factors for undertreatment of pain and the populations at risks.
- Causes of acute and chronic pain which include:Trauma,Surgery, Cancer,Arthritis,Fibromyalgia,Neuropathy,Diagnostic or treatment procedures (injection, intubation, radiation)
- Factors that affect the pain experience are age, fatigue can increase sensitivity to pain,genetic sensitivity can increase or decrease pain tolerance,cognitive function,Prior experiences can increase or decrease sensitivity depending on whether clients obtained adequate relief,anxiety and fear can increase sensitivity to pain.

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Analgesics are the mainstay for relieving pain and are of three classes namely: Nonopioid, opioids and adjuvants
- NONOPIOD Analgesics: Make sure clients are aware of opioids that contain acetaminophen,Monitor for salicylism,Prevent gastric upset by administering NSAIDs with food or antacids,Monitor for bleeding with long-term NSAID use.
- Opioid analgesics:Manage acute severe painwithshort-term,Consistent timing and dosing of opioid administration provide consistent pain control, monitor and intervene for adverse effects of opioid use
- Adjuvant analgesics: enhance the effects of nonopioids, help alleviate other manifestations that aggravate pain