

# PAIN

**Is the resident complaining of pain? Do you suspect pain?**



**Look for the signs:**

- Is the resident very tense or 'guarding' a particular area?
- Are they moving less than usual?
- Do they have a sad facial expression or are they grimacing?
- Are they calling out more than usual or much quieter?

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## A fall or injury recently?

- Find out when the resident fell.
- Did they collapse or did they trip over?
- Were any injuries noticed at the time?
- Could they mobilise normally after the fall?
- Could they do normal activities after the fall?
- Are there any new physical signs e.g. swelling or discolouring that you can see now?

YES

## Prevent falls:

- Provide walking aids within easy reach
- Ensure correct fitting of footwear
- Clear clutter from walking routes
- Ensure adequate lighting
- Assist mobilisation



## Monitor carefully

Repeat analgesia as prescribed

## Investigate:

- Where is the pain?
- What is the history of the pain?
- What is the resident's history? (refer to the resident's notes),
- Consider other causes of delirium e.g. pain from constipation, infection or pain from a pressure ulcer or uncomfortable pressure areas

## Have they a history of pain from a known problem e.g.

Arthritis /Rheumatism,  
Malignant disease,  
Digestive condition  
Circulation problem

YES

## Have they had surgery recently?

Give the prescribed pain relief  
  
Check the wound site for signs of infection, swelling or discolouration.

YES

## Is this a new pain?

- Ask the resident about the pain
- Where is it
- When did it start?
- Is it constant or does it come and go?

YES

**Check the resident's prescription and give the prescribed analgesia**

**Monitor and review in 1-4 hours, repeat as directed,**

**Monitor and review in 24- 48 hours**

**Has the resident improved?**

YES

NO

**Call the GP and use the checklist to describe the symptoms, history, and location of the pain.**

**Ask for a medication review**

