

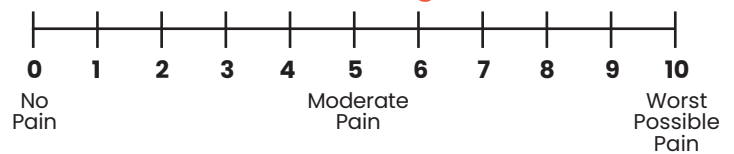
Monitoring and Reporting Pain

Evaluating pain is something the Tidewell Hospice nurse does at each visit. It is also helpful to monitor pain between visits to provide important information about pain and symptoms to the team. If the patient can communicate pain, record and report it to the Tidewell nurse. There are tools to help a patient verbally describe the severity of pain, usually with a numeric rating scale of zero to 10. Zero describes no pain and 10 symbolizes the worst pain imaginable.

Wong-Baker FACES® Pain Rating Scale



Numeric Rating Scale



Evaluation Non-Verbal Signs of Pain

It is difficult, but still possible, to evaluate pain if a patient cannot communicate verbally. There are nonverbal signs that may indicate pain such as facial grimacing, writhing or constant shifting in bed, moaning or groaning, restlessness, agitation or withdrawing from touch in a painful area. The number, frequency and type of nonverbal signs may provide an indication of how much pain the patient is experiencing. You can record the pain as “mild” or “moderate to severe.”

	No Pain	Mild Pain	Moderate to Severe Pain
Face	Smiling or No Expression	Occasional Grimace or Frown, Sad or Frightened	Facial Grimacing and/or Clenched Jaw
Body Language/Activity	Normal Position, Relaxed, Lying Quietly	Tense, Distressed, Pacing, Fidgeting, Squirming	Rigid, Clenched Fists, Arched, Jerking, Striking Out
Breathing	Normal	Occasional Labored Breathing	Noisy Labored Breathing, Hyperventilation, Irregular Breathing, Pattern Rapid vs Slow and Shallow Sometimes with Long Pauses
Negative Vocalization	None	Occasional Moan or Groan	Loud Moaning, Groaning or Crying
Consolability	No Need To Console	Reassured by Voice or Touch	Unable To Console, Distract or Reassure

Call Tidewell with any questions (855) 843-3935: _____

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Acceptable Pain Level

Each person has their own acceptable level of pain. For some it may be no pain while others can tolerate a pain level of three on a scale of zero to 10. It is important to know what the acceptable level is for the individual. If the patient is comfortable at a pain level of three, it may not be necessary to medicate to a zero level of pain.

Pain Location

The location of pain may remain the same, change or move to a new location. Record any change in pain location and pass it on to the Tidewell nurse.

What Makes Pain Better or Worse

Record what makes the pain better or worse. This can provide clues as to the cause of the pain and identify effective treatments.

Keep a Record

Ask the Tidewell nurse for a Pain Management Log to assist with keeping an accurate record of pain and treatments. Record the pain severity, location, any medication or treatment taken and whether they relieved pain. Record any new information about what makes pain feel better or worse. This is a great way to partner with the Tidewell team to achieve the best pain control possible.

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