

Pain Management in The elderly

Vernell kea RN,CCTN

What is pain?

- Unpleasant feeling related to injury or damage to the body
 - A sign that something is wrong
- Pain is NOT a normal part of aging

How does pain work?

- Your body contains certain cells that receive signals when there is damage or injury to the body
 - These cells send a message to your brain
- The brain receives the message, then you feel pain

What causes pain?

- Damage to nerve tissue such as skin, muscles, and internal organs
 - Diseases such as:
 - Cancer
 - Arthritis
 - Migraines
 - Back problems
 - Accidents – falls
 - Surgery
 - infections

How does pain work?

- Your body contains certain cells that receive signals when there is damage or injury to the body
 - These cells send a message to your brain
- The brain receives the message, then you feel pain

Arthritis

Osteoarthritis

most common

caused by:

decrease in cartilage cells causing bones to rub together and destroy the joint.

obesity, mechanical overuse of joint, heredity.

Symptoms

aching, stiffness, limited movement

Arthritis

Rheumatoid Arthritis

starts at childhood
affects tissues of the joints

caused by:
inflammation

Symptoms

deformity and crippling of the joints

Arthritis

fibromyalgia

caused by:

a widespread of muscle and joint pain

Symptoms

joint stiffness

numbness and tingling

a heightened and painful response to pressure

Arthritis and weather

Discomfort increases during damp weather

Some say its fiction

Has been proven

Arthritis and weather

How it works:

Nerves on joints have baro-receptors that responds to changes in weather.

When it rains the barometric pressure drops or gets low resulting in dampness.

If the barometric pressure drops (dampness) the baro-receptors in your body will cause pain

How is pain diagnosed?

- Your diary
- Physical examination
 - Image testing
 - Pain scale

How is pain diagnosed?

There are no test available to diagnose pain

Reporting your pain is the most reliable measure

Keep a diary, it helps keep track of your pain and keeps your doctor aware of when and how the pain may start and end

The diary helps keep accurate results

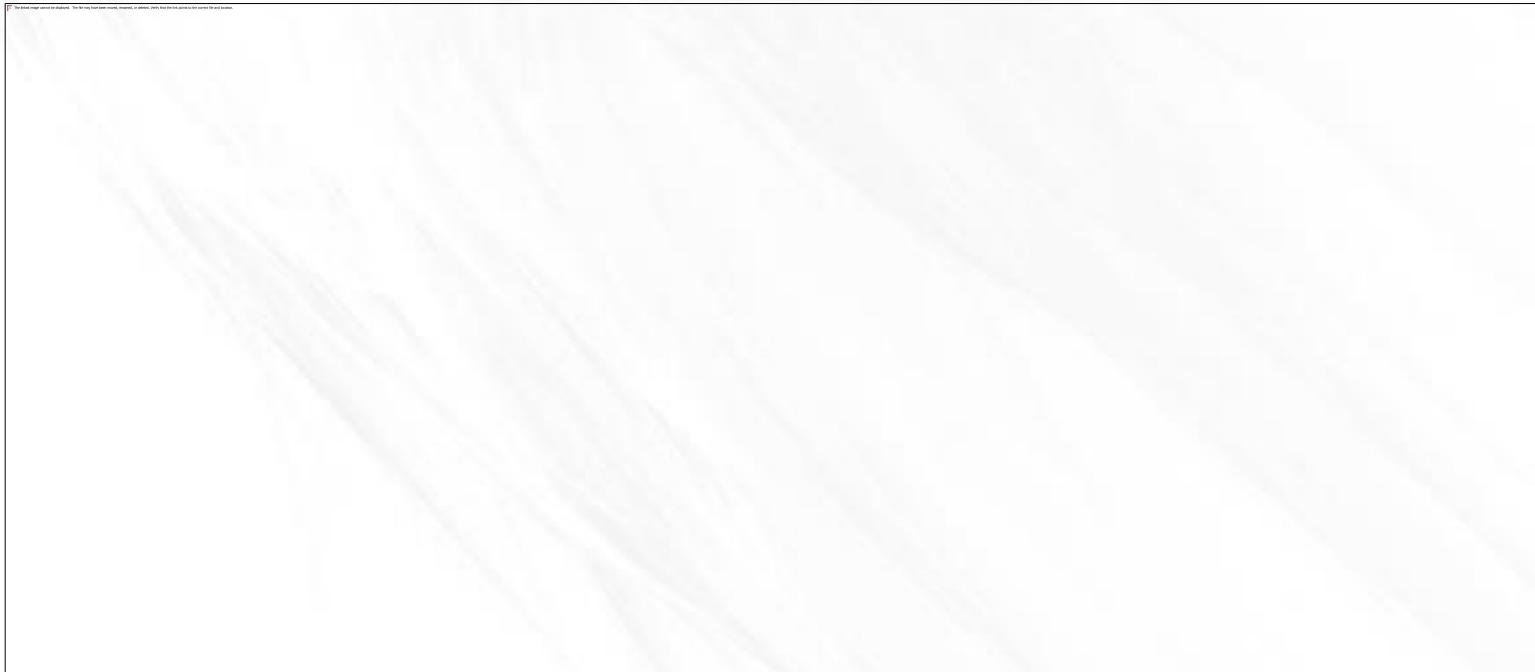
The diary is very important because your doctor diagnoses you with pain based
On how often you have pain

Pain scale

Helps doctors measure your pain.

Numbers or cartoon faces.

Rate 0-10 with 10 being the worse pain ever!



How is pain treated?

Medicines

Acupuncture

Aromatherapy

Chiropractor

Diet

Physical therapy – gentle massage, hot and cold treatments, range of motion exercises

Surgery

Relaxation- t.v., reading, card, games etc.

Some fears about pain

Addiction to medication
Side effects

With the proper dosing by your doctor pain medication will not make your addicted

If you feel doped up then let your doctor know so he/she can change the medication

Pain medication

Side effects of pain meds:

Sleepiness

Constipation – you will need stool softeners such as colace

Diarrhea – causes dehydration, weakness

Pain champion

Pain is not normal

I will use my pain diary daily
I will report my pain to my doctor
If I see someone in pain I will report it
I am now a pain champion

References

- Health: 7 considerations for pain management in the elderly.
(n.d.). *AnnArbor.com*. Retrieved from
<http://www.annarbor.com/passions-pursuits/7-considerations-for-pain-management-in-the-elderly/>
- Pain Management In The Elderly. (n.d.). - *Care Guide*. Retrieved
from <http://www.drugs.com/cg/pain-management-in-the-elderly.html>