

# Role of the Nurse in Pain Management: Part 1

Every nurse should be able to assess and manage pain.  
This curriculum is intended to provide the basic level  
of pain education for nurses in primary care settings.

*Presented through Project  
ECHO<sup>®</sup>*

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# OBJECTIVES

- **Part I:** *Upon completion of this ECHO RN module, the nurse will be able to:*
    - Distinguish between different types of pain
    - Identify chronic pain mechanisms, assessment and care planning and nursing management
    - Recognize individuals at risk for under-treatment of their pain
  - **Part II**
    - Use valid pain assessment tools that are appropriate to the needs of the individual patient in their community
    - Provide patients and family members with evidence-based information about chronic pain management
    - Demonstrate effective collaboration with the inter-professional team
- Source: IASP, 2012

# CONTENT OUTLINE

## I. Part One:

- I. Introductions
- II. Multidimensional Nature of Pain
- III. Chronic Pain Assessment

## II. Part Two:

- I. Measurement and Management of Chronic Pain
- II. Chronic pain conditions common to primary care

<http://www.iasp-pain.org/Content/NavigationMenu/GeneralResourceLinks/Curricula/Nursing/default.htm>

# Part I

- Brief survey
- Intro to pain
- Multidimensional nature of pain
- Chronic pain nursing assessment

## Survey:

- Annual cost of pain in US is \_\_\_\_\_

### *True or False:*

- Pain is always detectable by diagnostic testing
- Opiates are excellent medications for all types of pain
- I feel comfortable around pain patients
- No one has to live with pain
- Some people of certain national origin never have pain
- I know the difference between addictions, dependence and tolerance

# INTRODUCTION

- Nurses play a critical role in effective pain management because they have frequent contact with patients in a variety of settings
  - (e.g., home, hospital, outpatient clinic, community)

# NURSES ARE UNIQUELY PREPARED TO:

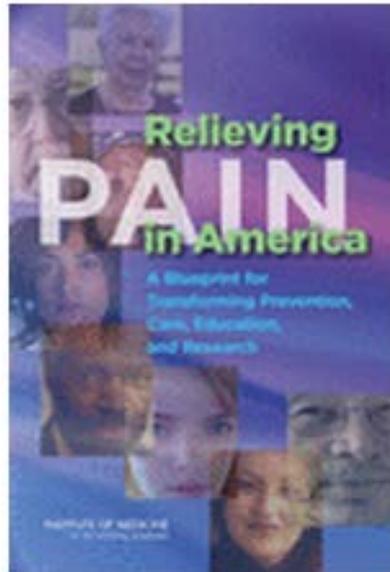
- Identify patients who have chronic pain
- Perform a comprehensive and holistic pain assessment
  - of the patient
  - the patient's family
  - the patient's community
- Initiate action to manage the pain
- Evaluate the effectiveness of pain management
- Educate
- Advocate



Patient is  
the Center



# Multidimensional Nature of Pain



- Epidemiology
- Impact in the U.S.
- Definitions

# Epidemiology of Chronic Pain

- Nearly 100 m adults c/o pain
- Cost burden including treatment / lost productivity = **~600 b/yr**
- Headache, back pain and other musculoskeletal pain are main contributors



- Patients usually contact the primary care office first
- Primary care office often refers to E.D. or U.C.

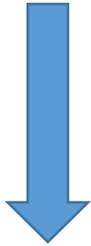


# Impact

- ~100 m adults with burden of care equal to **\$600 b/yr**

Costs for care

Costs in lost productivity



# BACKGROUND: Need for a Pain ECHO

- Unintentional Drug Overdose Death Rates is reaching a Public Health Crisis
- Opiates frequently involved in the overdose death (but not the only drug)
- Death Rates predominantly seen in adolescents and young adults
- Unintentional Opiate-related Death rates now EXCEED motor vehicle accident deaths in some states

Pain is defined based on

- **Duration of the pain and on.....**

- **.....the mechanisms of the pain**

# Duration/Mechanism

- Acute



- Chronic or persistent
- Breakthrough (Malignant pain; pain associated w/ poor functional status; pain despite treatment)

**Nociceptive pain** = pain occurring as a

normal function of nociception (touching hot stove)

- **Neuropathic pain** = Pain arising as a direct consequence of a lesion or disease affecting the somatosensory system that may be undetectable via diagnostic testing.
  - Peripheral
  - Central

# Nerve Man

*Note the variety of descriptors the patient will use*

## TAXONOMY

### Neuropathic pain

Caused by a lesion or disease on the somatosensory (SM) nervous system

A clinical, not diagnostic, term

### Central neuropathic

Caused by lesion or dz of central SM nerve system

### Peripheral neuropathic

Caused by lesion or dz of peripheral SM nerve system

### Neuropathy

Disturbance of function of a nerve

*Not be confused with Neuritis- which is inflammatory process affecting nerves*

IASP, 2014

## Nerve Man

Click on the image of the body below to check your symptoms.

### Nerve Central Station

Rollover nerve man and check off your symptoms.  
Print the symptoms list as a reference for your doctor.

Face	
<input type="checkbox"/>	Numbness
<input type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input type="checkbox"/>	A stabbing sensation
<input type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain
Side/Back	
<input type="checkbox"/>	Numbness
<input checked="" type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input type="checkbox"/>	A stabbing sensation
<input type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain
Wrist/Hand	
<input checked="" type="checkbox"/>	Numbness
<input type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input type="checkbox"/>	A stabbing sensation
<input checked="" type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain
Leg	
<input type="checkbox"/>	Numbness
<input type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input checked="" type="checkbox"/>	A stabbing sensation
<input type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain



Neck/Shoulder	
<input type="checkbox"/>	Numbness
<input checked="" type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input type="checkbox"/>	A stabbing sensation
<input type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain
Elbow	
<input type="checkbox"/>	Numbness
<input type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input checked="" type="checkbox"/>	A stabbing sensation
<input type="checkbox"/>	Pins and needles
<input type="checkbox"/>	Electric-shock pain

<http://www.theacpa.org/condition/neuropathic-pain>

# Multiple domains / dimensions

- Physiological
- Sensory
- Affective
- Cognitive
- Behavioral
- Social / cultural



## Welcome to Nerve Central Station

There are millions of nerves linked to one another throughout your body. These nerves make up your central nervous system. Think of it as a series of electrical wires or telephone lines connecting your brain and body, allowing them to communicate.

Nerves can become injured or damaged in a number of ways, such as an injury to the spine or from a medical illnesses like diabetes, shingles, a stroke, HIV infection, or cancer and its treatments.

### ***Nerve pain feels like...***

Many people with nerve pain often don't describe this feeling as "painful." Instead, they may describe it as being pricked with pins and needles or shocked by electricity. Often, nerve pain can be caused by something that is not painful, such as the light touch of bedsheets.

Common symptoms include:

- Numbness
- Burning
- Tingling
- A stabbing sensation
- Pins and needles
- Electric-shock pain

The symptoms mentioned above are often a sign of different conditions that cause injury to your nerves. By scrolling over "nerve man" you can learn about the different parts of the body where pain from these conditions manifest.

[GO TO SYMPTOMS](#)

[GO TO CONDITIONS](#)



*American Chronic Pain Association*



# Physiological

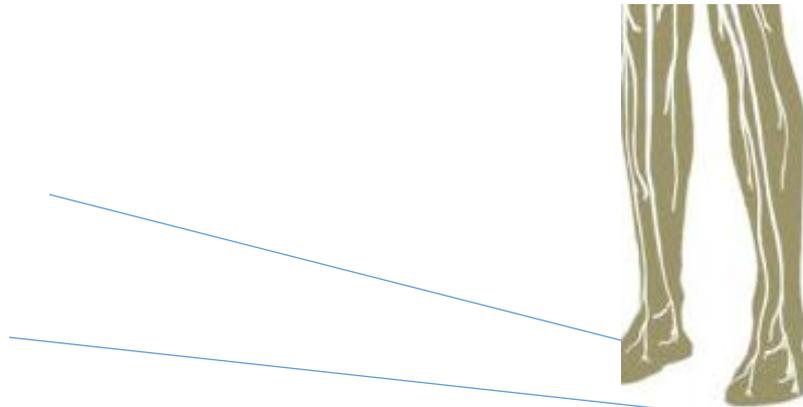
[http://www.painedu.org/tools/pathophysiology\\_pain.asp](http://www.painedu.org/tools/pathophysiology_pain.asp)

- Transduction
- Transmission
- Modulation
- Perception



# Sensory

- Location
- Quality



Foot	
<input type="checkbox"/>	Numbness
<input checked="" type="checkbox"/>	Burning
<input type="checkbox"/>	Tingling
<input type="checkbox"/>	A stabbing sensation
<input checked="" type="checkbox"/>	Pins and needles
<input checked="" type="checkbox"/>	Electric-shock pain

- Pattern – “starts in my big toe and travels up my leg to my shin”
- Relieving and exacerbating factors – “worse when I am trying to sleep”
- Intensity – “mild today, but really bad at night”

## **Affective**

- Influence of emotions
- Consequences of pain and suffering
- Impact on mood, sleep socialization

## **Cognitive**

- Personal beliefs
- Meanings attached to pain experience or disease
- Spiritual beliefs
- Cultural beliefs

# Behavioral

- Response to stressors
  - Situational
  - Developmental
- Pain expression behaviors
- Pain control behaviors
- Usual behaviors prevented by pain

# Social and community considerations

- Social and cultural variations conceptualizing pain, its meaning and its management
- Access

# ASSESSMENT

- Nursing assessment of the chronic pain pt.
  - Physical
  - Psychological
  - Social

# End of Part I - Quiz

1. Pain is defined by \_\_\_\_\_ and \_\_\_\_\_.
2. Nursing pain assessment includes evaluating psychological and social considerations in addition to physiological factors. T F
3. People at risk for under-treatment of pain express pain differently than expected by the healthcare team

# Part II

- Measurement and Management of Chronic Pain
- Chronic pain conditions common to primary care

# MEASUREMENT

- Intensity of pain
- Impact on function
- At risk assessment
  - Under-treatment
  - Aberrant behaviors
- Documentation

# MANAGEMENT

- Establish goals of pain mgt. with pt. & family
- Identify barriers to effective pain mgt.
- Identify appropriate interventions
  - Pharmacological
  - Non pharmacological
  - Multimodal and interprofessional
- Educate & monitor pain relief, adverse effects, function
- Advocate for patient: Rights

# CHRONIC PAIN CONDITIONS COMMON TO PRIMARY CARE

- *Headache*
- *Back Pain*
- *Arthritis*
- *Neuropathic pain*
- *Emergency considerations*
- *Aberrant drug-related behaviors*
- *Withdrawal*
- *Overdose*

# References

- <http://www.iasp-pain.org/Content/>
- Nurse Practice Act
- ANA
- AAPM
- Project ECHO<sup>®</sup> Chronic Pain Modules