



# Introduction to Pain Management

## What is Pain?

---

**PAIN  
IS ANYTHING  
THE PATIENT SAYS IT IS!**

**People Express Their Pain Differently**

# Myths and Misconceptions About Pain

---

- ❑ Old people are *suppose* to have pain
  - That is NOT TRUE Good pain control can be achieved in over 90% OF ALL patients with pain
  
- ❑ Newborns do not feel pain
  - That is NOT TRUE. Newborns feel the same amount of pain as any other age group. They just can't tell us about their pain!
  
- ❑ It is unsafe to administer narcotics to children because they may become addicted
  - FALSE : Children's pain is managed with the same medications used for adults. The doses are usually adjusted dependent upon the size and weight of the child

# Myths and Misconceptions about Pain

---

- ❑ **If a person does not ask for pain medication, then they don't have pain**
  - **FALSE.** Some cultures consider asking for pain medication a sign of weakness; however, if asked, they will admit they need pain relief. Some patients don't want to be viewed as a "pest" or "complainer" and will not volunteer that information
- ❑ **There is an upper limit to the dose of opioid medications that can be given for pain relief**
  - **FALSE.** Opioid pain relievers can be given in amounts needed to achieve pain relief, and may be combined with other medications to adjust for patient tolerance & side effects



# Myths and Misconceptions about Pain

---

- ❑ There is an upper limit to the dose of opioid medications that can be given for pain relief
  - FALSE. Opioid pain relievers can be given in amounts needed to achieve pain relief, and may be combined with other medications to adjust for patient tolerance & side effects
  
- ❑ People become addicted to pain medicine easily
  - FALSE. True addiction occurs RARELY when opioids are used correctly to relieve pain. Less than 1%
  
- ❑ Tolerance to opioids does develop, but this can and should be managed with dose adjustments

# Ways to Improve Pain Management

---

- Consider pain the 5th vital sign
- Use pain scales to measure the need for and response to analgesic therapy
- Be aware of cultural differences in pain expression
- Develop protocols and tools to prompt MD's and nurses to assess & treat pain properly.
- When to do a Pain Assessment
  - On Admission
  - Before, during and after invasive procedures
  - With each vital sign
  - Post op patients Q2 X 24hrs then Q4hrs
  - 30 minutes after IV analgesic administration or 1 hour after oral administration
  - With each new report of pain

