

**Preventing
pain
is easier than
treating pain**

Pain ... The 5th Vital Sign

Pain Relief Connection

The Pain Information Newsletter

Issue #1 Volume 1

PREVIEW ISSUE

January 12, 2007

In this issue;

- Overview and welcome
- Clinical Focus
- Educational Opportunities

Overview and welcome

Welcome to the inaugural issue of *Pain Relief Connection!* This monthly newsletter will be distributed via email, is printable for posting or distribution in hard copy and will also be available on the Brandon RHA web site/Pain management in PDF. *This month only* there will be two editions- check your email next week, and then around the 15th of each month for the latest edition.

Clinical Focus

Principles of pain management, assessment and treatment guidelines, information on analgesics and supportive agents—if it's related to the care of patients with pain, we'll talk about it here.

Professional and Patient Education Opportunities

It is well recognized that information alone will not improve the care of people with pain, but education is an indispensable ingredient. Check in here for information on pain education material and programs. Many resources are available on the Web at no cost or reasonably priced.

Brandon RHA Cares About Pain Relief
Pain Management Resource Nurse
578-4202
moreb@branodnrha.mb.ca

Pain Relief Connection

**Preventing
pain
is easier than
treating pain**

Pain ... The 5th Vital Sign

Issue 1 Vol 2

January 15, 2007

In an attempt to address issues, questions and educational requirements for some who are often unable to attend all the in-services, this new feature will be available on a monthly basis. Past issues will be available on the Brandon RHA web site/Pain Management.

In this issue:

Clinical focus

Educational Opportunities

Clinical Focus: Ten Guidelines for Assessing and Treating Pain

Over the next several issues, principles and guidelines for pain management will be highlighted. Unnecessary pain interferes with the patients' well-being and recovery from illness. With proper management, most patients can achieve reasonable comfort and even are pain free. Consistently following the guidelines across all care settings and populations will dramatically decrease patients suffering and increase the satisfaction of professional care providers.

1. Pain is a subjective phenomenon; respect the patient
 - Pain is a complex physical, emotional, psychological and cultural/social experience
 - Minority patients, women, elders and small children are particularly susceptible to under treatment of pain: beware your assumptions about their pain
 - Educate patients and families to report pain and to expect relief; treat the worry as well as the discomfort
 - Elicit the meaning of the pain to the patient

2. Assess the pain carefully and reassess regularly
 - Pain cannot be objectively measured. The best we can do is to quantify severity and to characterize etiology by the patient's description of the pain.
 - Vital signs and informally identified behavioural cues are not reliable indicators of pain severity. For neonates and adults who are comatose or cognitively impaired, there are validated behavioural pain assessment tools available that should be consistently used. (Assessment tools are available from the Pain Management Resource Nurse).
 - Make a diagnosis; specific pain responds to specific treatments
 - Make pain 'visible' as in Pain is the 5th Vital Sign; use a 0-10 scale (0=no pain, 10=worst imaginable) or an age-appropriate tool such as the Faces-R scale; be consistent; have everyone use the same pain language.

Brandon RHA Cares About Pain Relief
Pain Management Resource Nurse
578-4202
moreb@brandonrha.mb.ca

Education

- **Pain Management: Drugs and Beyond** February 23-24, 2007 Regina Saskatchewan
- **Emerging Practices in Pain Management** The University Health Network Interdisciplinary Pain Conference February 27, 2007 Toronto, Ontario
- **Pain Relief Champions:** First annual multidisciplinary educational opportunity at BRHC April 19, 2007 0730-1700 Cost \$5. See Public Folders or contact Bev More for more registration information.
- **Managing Pain Before It Manages You** This once-a-week for 9 weeks program is for individuals who are living with persistent (chronic) pain and who are interested in learning how to learn to manage their pain. The classes are one-hour long and are limited to 10 participants. For more information, please contact Bev More, Pain Management Resource Nurse at 578-4202 or to register, contact Pat Shaw, Clinics Clerk 578-4200. The next classes start March 21, 2007 from 1030-1130 and continue until May 16, 2007.

If you have a question that you would like answered or a case study that you would like to see profiled here, please send the information to Bev More, Pain Management Resource Nurse, CS1-200 BRHC or email to: moreb@brandonrha.mb.ca

Feedback about this newsletter is welcome. Please send comments to moreb@brandonrha.mb.ca