

Documenting the Patient's Pain

The screenshot shows the 'Pain Information' section of a patient care profile. The 'Acceptable Comfort Level' is set to 1. The 'History of Chronic Pain' is set to Yes. The 'Expression of Pain' section includes checkboxes for Verbalization, Facial expression, Crying, Restless, Moaning, Guarding, Grimacing, and Withdrawal. The 'Life style changes/adaptations in response to pain' section includes checkboxes for Decreased activity level, Inability or reluctance to perform ADL's, Withdrawal from social contact, Inability to concentrate, Inability to enjoy life, Inability to sleep, Inability to work, and Decreased appetite.

- Upon admission/initial assessment, the nurse screens the patient for the **presence/absence of pain**.
- Document the patient's **Acceptable Comfort Level** in the **Patient Care Profile**.
- Assist the patient in setting a **realistic comfort goal**.
- Note:** on the **Patient Profile**, detailed information regarding Chronic Pain appears only if "History of Chronic Pain" question is answered as **Yes**.

- On the **POC flowsheet**, the **Acceptable Comfort Level** is a pre-built parameter under the category of **Information**.
- Document, the **Acceptable Comfort Level** in **the same time column** created for the individualization statements.
- Do not add a new time column.**
- If the patient has pain, only add **the Acute or Chronic Pain POC** if it is **not** included as part of any other POC selected for the patient e.g. Asthma.

Aug-17-2011	
1431	
Information	
Acceptable Comfort Level	2
Medical Surgical (Contains Unsaved Data)	
Asthma	08/17/2011 Patient is hard of hearing in left ear - speak i
Human Response (Contains Unsaved Data)	
Acute Pain	08/17/2011 See above.
Acute Pain: Related/Risk Factors	Ineffective coping: Past experiences with pain
Signs & Symptoms/Defining Characteristics	Verbalized pain descriptors

2. Adult Assessment & Interventions, From Sep-22-2011 to Sep-23-2011				
	Sep-23-2011	Sep-23-2011	Sep-23-2011	
	2:00	12:00	13:00	
Pain (Contains Unsaved Data)				
Pain Assessment				
Location of Pain		Left, Shoulder		
Description of Pain		Sharp;		
Pain Scale Used		Numeric		
Numeric Rating		*		
Nonverbal indicators of pain/comfort				
Interventions (Pain)				
Acute Pain per POC				
Pain Management				

- Self-reporting** will be the primary means of determining pain.
- If patient unable to self-report **Location of Pain, Generalized** can be selected from the list.
- If the **Pain Scale Used** field is documented, the **Numeric Rating** field becomes **mandatory**.
- If the patient denies pain "0" must be documented in the **Numeric Rating** field—**it is unnecessary to add the comment "Denies Pain"**.

Pain (Contains Unsaved Data)

Pain Assessment

Location of Pain	Left, Shoulder
Description of Pain	Sharp:
Pain Scale Used	Numeric
Numeric Rating	5
Nonverbal indicators of pain/comfort	Restless:

If the patient is unable to self-report:

- Select the **Nonverbal Indicators of pain/comfort** field, and pick from the list.
- Nonverbal patient** choice has been added to the list.
- If this is selected, a numerical rating is not a mandatory field.**
- If proxy reports from family/friends is used, **document the person giving the proxy report in the free-text (comment) box.**
- In addition, document any pertinent **observations by family/friends** as well as your observations in the free-text box.

List Set Description

Nonverbal indicators of pain/comfort

<input type="checkbox"/> Grimace	<input type="checkbox"/> Allows touching
<input type="checkbox"/> Restless	<input type="checkbox"/> Allows holding
<input type="checkbox"/> Crying	<input type="checkbox"/> Calm
<input type="checkbox"/> Withdrawn	<input type="checkbox"/> Cessation of crying
<input type="checkbox"/> Anxious	<input type="checkbox"/> Playing
<input type="checkbox"/> Moaning	<input type="checkbox"/> Moving with ease
<input type="checkbox"/> Guarding	<input type="checkbox"/> No guarding
<input type="checkbox"/> Increased heart rate	<input type="checkbox"/> No grimacing
<input type="checkbox"/> Increased BP	<input type="checkbox"/> Sleeping
<input type="checkbox"/> Tachypnea	<input type="checkbox"/> Smiling
<input type="checkbox"/> Asynchronous with ventilator	
<input type="checkbox"/> Agitated	
<input type="checkbox"/> Diaphoresis	
<input type="checkbox"/> Dilated pupils	
<input checked="" type="checkbox"/> Nonverbal patient	

Review selected items below.

OK Cancel

2. Adult Assessment & Interventions, From Sep-22-2011 to Sep-23-2011

	Sep-23-2011 2:00	Sep-23-2011 12:00	Sep-23-2011 13:00
Pain (Contains Unsaved Data)			
Pain Assessment			
Interventions (Pain)			
Nonverbal indicators of pain/comfort			Restless:

Note: nonverbal indicators can also be documented on verbal patients if applicable.

2. Adult Assessment & Interventions, From Sep-22-2011 to Sep-23-2011

	Sep-23-2011 12:00	Sep-23-2011 13:00	Sep-23-2011 14:00
Pain (Contains Unsaved Data)			
Pain Assessment			
Interventions (Pain)			
Nonverbal indicators of pain/comfort		5	Sleeping
Acute Pain per POC			
Pain Management			

If the patient is asleep, it is not necessary to awaken the patient for a routine reassessment but **documentation should reflect the patient's sleep status.**

Reassess for pain when patient awakens.

List Set Description

Pain Management

<input type="checkbox"/> Medications
<input type="checkbox"/> Patient Controlled Analgesia (PCA)
<input type="checkbox"/> Relaxation
<input type="checkbox"/> Warm applications
<input type="checkbox"/> Cold applications
<input type="checkbox"/> Music therapy
<input type="checkbox"/> Play therapy
<input type="checkbox"/> Imagery
<input type="checkbox"/> Positioning
<input type="checkbox"/> Recreational therapy
<input type="checkbox"/> Simple massage
<input type="checkbox"/> Transcutaneous Electric Nerve Stimulator (TENS)
<input checked="" type="checkbox"/> Patient declined intervention

Note: "Patient declined interventions" has been added to the list for **Pain Management.**

