

PAIN MANAGEMENT

Pain is an unpleasant sensory and emotional experience arising from actual or potential tissue damage or described in terms of such damage.

Problems associated with pain:

- Multiple medication use
- Impaired balance resulting in falls
- Difficulty in walking affecting activities of daily living
- Impaired transfer status
- Muscle weakness secondary to self-imposed activity limitations
- Social withdrawal which may lead to depression
- Impaired overall activity of daily living status

WHAT YOU CAN EXPECT FROM OUR PROGRAM

Proper pain assessment as well as appropriate interventions is very essential in managing pain. Pain management will allow improvement in:

- Balance
- Walking
- Daily activities
- Quality of life
- Improvement in range of motion

WHAT YOU CAN DO TO AID IN THE RECOVERY PROCESS

Patients:

- Participate with therapist in pain questionnaire
- Actively follow your therapy plan.
- Participate in the “home exercise” program given to you by your therapist while you are not in therapy.
- Report any worsening of, or development of, any of the above side effects.
- Maintain good nutrition and hydration to promote healing.

Family:

- During visits, encourage your loved one to perform all activities that they are physically able to do (report any changes in condition as needed).

THE PATHWAY TO RECOVERY



PHYSICAL THERAPY

Treatment Activities: exercise/activity program

- Range of motion
- Pain management
- Strength and endurance
- Weight bearing
- Sitting/Standing
- Fall risk clearance in the home environment
- Home safety clearance
- Finalized home

Equipment:

- E- Stim
- Ultrasound

Fall Risk Assessment Tools Ranges:

- Tinetti Assessment Tool: 24 or greater
- TUG Test: < 12 sec
- Berg Test: > 45

OCCUPATIONAL THERAPY

Treatment Activities:

- Bathing, dressing, toileting, self-feeding
- Balance
- Movement
- Motor control
- Basic home activities (cooking, cleaning, laundry, etc.)

- Bowel/Bladder control
- Home evaluation
- Finalized home exercise/activity program

Equipment:

- E-Stim
- Ultrasound

NURSING

Treatment Activities:

- Medication management/assessment
- Blood pressure monitoring
- Assessment for medical equipment needs
- Education on the disease process, treatment goals and self-care management
- Assessment and monitoring to facilitate a stable cardiac/respiratory/neurologic/emotional status throughout episode of care
- Management of condition in home to prevent re- hospitalization, ER visit, and unplanned physician's visit



ASSESSMENT TOOLS

- Location: Body Diagram/Pain Map
- Quality: Short Form McGill Pain Questionnaire (SFMPQ)
- Intensity: Visual Analog Scale (VAS), FACES Scale
- Alzheimer's Dementia: Discomfort Scale for Dementia of the Alzheimer's Type (DS-DAT), Pain Assessment in Advanced Dementia (PAIN-AD)

