

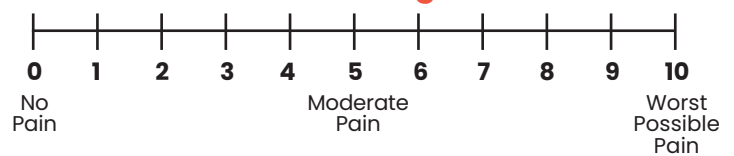
## Monitoring and Reporting Pain

Evaluating pain is something the Empath Health nurse does at each visit. It is also helpful to monitor pain between visits to provide important information about pain and symptoms to the team. If the patient can communicate pain, record and report it to the Empath Health nurse. There are tools to help a patient verbally describe the severity of pain, usually with a numeric rating scale of zero to 10. Zero describes no pain and 10 symbolizes the worst pain imaginable.

### Wong-Baker FACES® Pain Rating Scale



### Numeric Rating Scale



### Evaluation Non-Verbal Signs of Pain:

It is difficult, but still possible, to evaluate pain if a patient cannot communicate verbally. There are nonverbal signs that may indicate pain such as facial grimacing, writhing or constant shifting in bed, moaning or groaning, restlessness, agitation or withdrawing from touch in a painful area. The number, frequency and type of nonverbal signs may provide an indication of how much pain the patient is experiencing. You can record the pain as “mild” or “moderate to severe.”

	No Pain	Mild Pain	Moderate to Severe Pain
<b>Face</b>	Smiling or no expression	Occasional grimace or frown, sad or frightened	Facial grimacing and/or clenched jaw
<b>Body Language/Activity</b>	Normal position, relaxed, lying quietly	Tense, distressed, pacing, fidgeting, squirming	Rigid, Clenched Fists, arching, jerking, striking out
<b>Breathing</b>	Normal	Occasional labored breathing	Noisy labored breathing, hyperventilation, irregular breathing pattern, rapid vs. slow and shallow sometimes with long pauses
<b>Negative Vocalization</b>	None	Occasional moan or groan	Loud moaning, groaning or crying
<b>Consolability</b>	No need to console	Reassured by voice or touch	Unable to console, distract or reassure

Call Empath Health with any questions (888) 855-2838: \_\_\_\_\_

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### **Acceptable Pain Level:**

Each person has their own acceptable level of pain. For some it may be no pain while others can tolerate a pain level of three on a scale of zero to 10. It is important to know what the acceptable level is for the individual. If the patient is comfortable at a pain level of three, it may not be necessary to medicate to a zero level of pain.

### **Pain Location:**

The location of pain may remain the same, change or move to a new location. Record any change in pain location and pass it on to the Empath nurse.

### **What Makes Pain Better or Worse:**

Record what makes the pain better or worse. This can provide clues as to the cause of the pain and identify effective treatments.

### **Keep a Record:**

Ask the Empath Health nurse for a Pain Management Log to assist with keeping an accurate record of pain and treatments. Record the pain severity, location, any medication or treatment taken and whether they relieved pain. Record any new information about what makes pain feel better or worse. This is a great way to partner with the Empath Health team to achieve the best pain control possible.

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