

Educational resource



Pain Assessment: in People with a Cognitive Impairment

Sites where Learning package applies	All sites where acute, sub-acute and residential care is provided to adults.
Description	Educational resource: Pain Assessment: in People with a Cognitive Impairment
Target audience	All clinicians who provide care to adults
Learning Outcomes, On completion of this package you will be better able to:	<ul style="list-style-type: none"> • Identify the need for assessment of pain in people with a cognitive impairment • List the tools available to assess pain in people with a cognitive impairment • Identify how pain may manifest in people with a cognitive impairment

[Hyperlink to Package](#)

Keywords	Pain, assessment, cognitive impairment
Document registration number	TBA
Replaces existing document?	No

Related Legislation, Australian Standard, NSW Ministry of Health Policy Directive or Guideline, National Safety and Quality Health Service Standard (NSQHSS) and/or other, HNE Health Document, Professional Guideline, Code of Practice or Ethics:

- Australian Commission on Safety and Quality in Health Care: A Better Way to Care: Safe and High-Quality Care for Patients with Cognitive Impairment (Dementia and Delirium) in Hospital.
- NSW Health Assessment and Management of Older People with Behavioural and Psychological Symptoms of Dementia: A handbook for clinicians
- [Australian Aged Care Quality Agency Act 2013 \(C2013A00079\)](#)
- [Assessment of Pain in People with a Cognitive Impairment HNELHD CG 15_36](#)
- The Australian Pain Society: Pain in Residential Aged Care Facilities
- [Caring for People with Cognitive Impairment and Associated Behaviours HNELHD G and P 14_09](#)
- [Mechanical Restraint in Adult Patients HNELHD G and P 14_10](#)
- [Dementia Services Framework 2010-2015 GL2011_004](#)

Is this package recorded in HETI?

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Date authorised by Learning package committee:	June 23 rd 2016

Issue date

Review date

2019

TRIM number

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Peer reviewed by: ACARS Dementia Expert Working Group

Date: 17/12/2015

Date Due:

Purpose: This package is designed to support the HNE LHD Clinical Guideline Assessment of Pain in People with a Cognitive Impairment. The package should be completed after reading the related guideline.

Date for Learning Package Review:
2019

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Introduction

This package has been designed to support the [HNE LHD Clinical Guideline Assessment of Pain in People with a Cognitive Impairment](#).

Disclaimer

This learning package has been prepared by health professionals employed in Hunter New England Local Health District. While all care has been taken to ensure that the information is accurate at the time of development, the authors recommend that all information is thoroughly checked before use if utilised by another unit, context or organisation.

Aim

[The package](#) and other resources will increase clinician awareness of the need to assess pain in people with a cognitive impairment as well as the tools available to assess pain.

Learning Outcomes or Learning Objectives

Following completion of the package, clinicians will:

- Identify the need for assessment of pain in people with a cognitive impairment
- List the tools available to assess pain in people with a cognitive impairment
- Identify how pain may manifest in people with a cognitive impairment

Pre-requisites

Prior to, or after, completion of the package, clinicians should have read the related HNE LHD Clinical Guideline Assessment of Pain in People with a Cognitive

How to use this resource or Instructions for participants

Some possible items might include:

- The package is expected to take 30 minutes to complete
- Completion of this package (which includes reading the Clinical Guideline, recommended reading and completing the module) is equivalent to one (1) Continuing Professional Development (CPD) hour which is a requirement for National Registration. Evidence of CPD can be generated using the Reflection on learning page at the end of the template.
- This package can be used as an introduction for nurses wishing to further their knowledge and skills in this area.

- Participants will be asked questions that will reinforce key points or learnings.
- There is a suggested reference list and it is by no means complete. Journal articles can be accessed through CIAP. The online readings are not provided within this document due to copyright law restrictions. If you have any difficulty locating the readings please seek assistance from your hospital / health facility library.
- This resource has been written from a Hunter New England Area Local Health District perspective so it is not specific to any one health facility.

Recommended Readings

Any essential or suggested readings or resources can be identified in this section. Include any internet links and or web pages for reference in this section.

[HNE LHD Clinical Guideline Assessment of Pain in People with a Cognitive Impairment](#)

[Alzheimer's Australia \(2011\) Pain and Dementia Factsheet 16](#)

Reflection tool

A reflective tool is provided for clinicians to complete. This form can be kept as a record of self-directed learning or can be added to the individual training record of the clinician by following the instructions on the form.

Evaluation

A feedback form is also provided. The form can be filled out manually and returned to the course contact or can be completed online from the main menu page.

References:

Alzheimer's Australia (2011) *Pain and Dementia* Factsheet 16

Australian Commission on Safety and Quality in Health Care (2014) *A Better Way to Care: Safe and High-Quality Care for Patients with Cognitive Impairment (Dementia and Delirium) in Hospital*.

Bernabei, R., Gambassi, G., Lapane, K., Landi, F., Gatsoni, C. & Dunlop R. (1998). *Management of pain in elderly patients with cancer. Journal of the American Medical Association. Vol 279 p1877-1882*

Cole, L., Farrell, M., Duff, E., Barber, J., Egan G. & Gibson, S. (2006) *Pain sensitivity and fMRI pain-related brain activity in Alzheimer's Disease. Brain Vol129(Pt11)*

Ferris, M. (2008) *Pain in the Cognitively Impaired Elderly: Guidance for Clinicians. Topics in Advanced Practice Nursing eJournal*
www.medscape.com/viewarticle/573642

Finesmith, R. *Measure of Pain in Elderly People* www.linkedin.com/pub/ross-finesmith-m-d/20/407/894

Frampton, M. (2003) *Experience assessment and management of pain in people with dementia. Age and Ageing. Vol 32 (3) p248–251*

Herr, K. (2002) *Pain Assessment in Cognitively Impaired Older Adults American Journal of Nursing Vol 102(12) p65-68*

Herr, K., Coyne, P., Manworren, R., McCaffrey, M., Merkel, S., Pelosi-Kelly, J. & Wild, L. (2006) *Pain Assessment in the Nonverbal Patient: Position Statement with Clinical Practice Recommendations Pain Management Nursing Vol 7 (2) p44-52*

Kovach, C., Griffie, J., Muchka, S., Noonan, P. & Weissman, D. (2000) *Nurses' Perceptions of Pain Assessment and Treatment in the Cognitively Impaired Elderly: It's not a guessing game. Clinical Nurse Specialist. Vol 14(5) p215 –220.*

McClean, W. & Higginbotham, N. (2002) *Prevalence of pain among nursing home residents in rural New South Wales. Medical Journal of Australia. Vol177 p17-20*

Melding, P. (2002) *Can we Improve pain management in nursing homes? Medical Journal of Australia. Vol 177 p5 –6*

Morrison, R. & Siu, A. (2000) *A comparison of pain in advanced dementia and cognitively intact patients with a hip fracture. Journal of Pain Symptom Management. Vol 19 p240-248*

Santos, S. & Castanho, M. (2014) *The Use of Visual Analog Scales to Compare Pain Between Patients with Alzheimer's Disease and Patients Without Any Known*

Neurodegenerative Disease and Their Caregivers. *American Journal of Alzheimer's Disease and Other Dementias*. Vol 29(4) 320-325

Scherder, E., Oosterman, J., Swaab, D., Herr, K., Ooms, M., Ribbe, M., Sergeant, J., Pickering, G. & Benedetti, F. (2005) Recent developments in pain in dementia. *British Medical Journal*. Vol 330 p461-464

The Australian Pain Society. (2005) *Pain in Residential Aged Care Facilities; Management Strategies*.

Zwakhalen, S., Hamers, J., Abu-Saad, H & Berger, M. (2006) Pain in elderly people with severe dementia: A systematic review of behavioural pain assessment tools. *Biomed Central Geriatrics*. Vol 6(3) doi:10.1186/1471-1218-6-3

Reflective learning

By completing this table, your participation in this learning activity **Assessing Pain in People with a Cognitive Impairment** and the outcome achieved will form the evidence of CPD. You are able to record one hour of CPD in your personal education diary / record.

Payroll	Name
Outline the key learning you obtained from completion of the package	
How was the learning useful for your practice?	
How will the learning influence your practice? What will you change in your practice?	
Is there any further education you need to undertake as a result of completing the package?	

If you would like to have the completion of this learning module recorded in your personal learning history in HETI, please return this completed form to Kim Riley. (kim.riley@hnehealth.nsw.gov.au or fax: 65402180).

Learning Package Feedback Form – Pain assessment in people with a cognitive impairment.

Please circle your response to the following questions:

1. The aims and objectives of the learning package were clear and appropriate Yes No

2. As a result of completing this package, I have a better understanding of assessment of pain in people with a cognitive impairment Yes No

3. The activities helped to reinforce key learnings? Yes No

4. The package was easy to follow? Yes No

5. Some suggestions I would like to make to improve the package are:

6. Further comments I would like to make are:

Please send this feedback form to:

Fax: 65402180 (attention Kim Riley)

Email: kim.riley@hnehealth.nsw.gov.au