

# Education Update

Trinitas Regional Medical Center  
Education Department

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## Pain Management & Palliative Care

### **Palliative Care**

- Symptom management is a primary goal of palliative care.
- Pain is one of the most feared symptoms experienced by patients.
- Effective pain management is critical to healing, quality of life and patient satisfaction.

### **Key Concepts in Pain Management**

- Assessment and reassessment.
- A multi-disciplinary approach.
- Using pain relief methods effectively.
- Educating patients and their families.



### **TRMC Pain Management Policy**

- All patients are assessed for pain upon admission and at least once every 8 hours for inpatients and with each clinic visit for out-patients.
- The clinical staff will work together with the patient to establish a goal for pain relief and develop and implement a plan to achieve that goal.
- Patients and their families will receive education about pain management to enable them to be active participants in their treatment plan.
- Pain management is incorporated into the discharge plan.

### **The Pain Management Team includes:**

<b>Physicians</b>	<b>Nurses</b>	<b>Physical Therapists</b>
<b>Social Workers</b>	<b>Pharmacists</b>	<b>Occupational Therapists</b>
<b>Mental Health Professionals</b>		<b>Religious or Spiritual Leaders</b>

**THE PATIENT IS A MEMBER OF THE TEAM TOO!**

There are 2 basic types of pain. Fortunately, both can be effectively managed!

### **ACUTE PAIN**

- Pain that is relatively short-lived. It is most often caused by tissues and organs.
- Goes away after treatment and healing.
- May recur periodically over a lifetime ( as with migraine headaches, for example).

### **CHRONIC PAIN**

- Pain that lasts beyond the normal time for healing.
- May be continuous - related to a serious injury (severe burns, for example) or a disease such as cancer.
- Idiopathic pain - pain that results from unknown causes

### **What is Pain?**

*Pain is a feeling of hurt or discomfort. Pain can range from dull aches to sharp, stabbing sensations.*

*Pain is physical. Damage to nerves and tissue due to disease, injury or infection.*

*Pain is emotional. Stress, anxiety, trauma and depression can play a role in a person's suffering.*

### **NO TWO PEOPLE ARE THE SAME**

*Two patients with the same injury (or surgery) can experience very different levels of pain!*

*Some pain has no clear cause!*

