

# PAIN ASSESSMENT

## "OPQRSTU"

<b>O</b>	<b>ONSET</b> <i>When did it begin? How long does it last (duration)? How often does it occur (time)? What were you doing when the pain started?</i>
<b>P</b>	<b>PROVOKING OR PALLIATING FACTORS</b> <i>What brings it on? What makes it better? What makes it worse?</i>
<b>Q</b>	<b>QUALITY</b> <i>What does it feel like? Can you describe it (throbbing, stabbing, dull, etc.)?</i>
<b>R</b>	<b>REGION &amp; RADIATION</b> <i>Does your pain radiates? Where does it spread? Point to where it hurts the most. Where does your pain go from there?</i>
<b>S</b>	<b>SEVERITY</b> <i>What is the intensity (pain scale of 1-10, visual scales) of the symptom? Right now? At worst? Are there any other symptoms that accompany the pain?</i>
<b>T</b>	<b>TIME &amp; TREATMENT</b> <i>When did the symptoms first begin? What medications are you currently taking for this? How effective are these? Side effects?</i>
<b>U</b>	<b>UNDERSTANDING &amp; IMPACT</b> <i>What do you believe is causing this? How is this affecting your ADLs, you and/or your family? Do you have any other concerns?</i>

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**LEARN MORE: PAIN ASSESSMENT**

Assessment of pain is a crucial part in the role of nurses, and as such utilizing a problem-solving process becomes part of the equation. Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of damage. Pain is subjective thus a careful assessment and evaluation is needed.



# Pain Assessment Guide Cheat Sheet

**Meridean Maas, Kathleen Coen  
Buckwalter, Mary Anderson Hardy**

## **Pain Assessment Guide Cheat Sheet:**

Pain Assessment and Pharmacologic Management - E-Book Chris Pasero, Margo McCaffery, 2010-10-04 Pain Assessment and Pharmacologic Management by highly renowned authors Chris Pasero and Margo McCaffery is destined to become the definitive resource in pain management in adults. It provides numerous reproducible tables, boxes, and figures that can be used in clinical practice and emphasizes the benefits of a multimodal analgesic approach throughout. In addition, Patient Medication Information forms for the most commonly used medications in each analgesic group can be copied and given to patients. This title is an excellent resource for nurses to become certified in pain management. Presents best practices and evidence-based guidelines for assessing and managing pain most effectively with the latest medications and drug regimens. Features detailed step-by-step guidance on effective pain assessment to help nurses appropriately evaluate pain for each patient during routine assessments. Provides reproducible tables, boxes, and figures that can be used in clinical practice. Contains Patient Medication Information forms for the most commonly used medications in each analgesic group to be copied and given to patients. Offers the authors' world-renowned expertise in five sections: Underlying Mechanisms of Pain and the Pathophysiology of Neuropathic Pain includes figures that clearly illustrate nociception and classification of pain by inferred pathology. Assessment includes tools to assess patients who can report their pain as well as those who are nonverbal such as the cognitively impaired and critically ill patients. Several pain rating scales are translated in over 20 languages. Nonopioids includes indications for using acetaminophen or NSAIDs and the prevention and treatment of adverse effects. Opioids includes guidelines for opioid drug selection and routes of administration and the prevention and treatment of adverse effects. Adjuvant Analgesics presents different types of adjuvant analgesics for a variety of pain types including persistent chronic pain, acute pain, neuropathic pain, and bone pain. Prevention and treatment of adverse effects is also covered. Includes helpful Appendices that provide website resources and suggestions for the use of opioid agreements and for incorporating pain documentation into the electronic medical record. Covers patients from young adults to frail older adults. Provides evidence-based practical guidance on planning and implementing pain management in accordance with current TJC guidelines and best practices. Includes illustrations to clarify concepts and processes such as the mechanisms of action for pain medications. Features spiral binding to facilitate quick reference.

Health Assessment and Physical Examination Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health assessment is an ongoing process that evaluates the whole person as a physical, psychosocial, and functional being, whether they are young or old, well or ill. This market-leading text presents health assessment, physical examination, information, and skills for health professionals who undertake these types of assessments. Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment following a body systems approach and a head-to-toe approach. It uses the ENAP Examine Normal Abnormal Pathophysiology approach as a tool for students to collect useful information. An applied case study at the

end of each chapter walks students through an example of an assessment This comprehensive yet student friendly text is noted for its high quality case studies pedagogical elements and excellent student resources Unique to this text are the advanced topics and Urgent findings which highlights serious or life threatening signs or critical assessment findings that need immediate attention

**Pain** Margo McCaffery,Chris Pasero,1999 Pain Clinical Manual advocates an interdisciplinary approach to the care of patients with often under treated pain This book makes the application to scientific knowledge to the development of practical tools and guidelines for the care of patients in all clinical settings and all age groups Provides ready to use forms and recommendations for pain care committees to assist health care facilities to prepare for JCAHO inspections Includes two FREE pocket size laminated cards equianalgesic charts to assist clinicians with dose calculations when changing routes of administration or analgesics and dosing guides to commonly used adjuvants and nonopioids Includes FREE access to Mosby s PAIN WEBSITE The most clinically useful book ever published on pain written by authorities who helped establish the pain management movement Includes 11 new chapters and five expanded and updated chapters to provide the most accurate up to date and comprehensive pain management information Includes icons to alert the reader to important need to know information such as pediatric content patient examples and reproducible material Features over 200 boxes and tables to help quickly locate key information and apply complex concepts at the bedside Presents a unique multidisciplinary perspective Provides ready to use practical proven and reproducible tools pain assessment and documentation forms and guides to analgesic use Contains patient information handouts on analgesics and nondrug methods of pain relief to educate the patient family caregiver about the patient s specific pain management Includes reproducible key policies procedures and protocols to assist the clinician in implementing patient focused interdisciplinary pain management Presents pharmacology content in four chapters the three analgesic groups and an overview of how to combine them to provide a readily understandable reference and practical resource Includes quick guides with illustrations of selected pain problems such as pain related to sickle cell disease peripheral neuropathy and fibromyalgia Contains pain rating scales in over 20 languages to enhance patient clinician communication in culturally diverse populations

**Quality Assurance and Performance Improvement** Emmanuel Anene,2012-03-05 This book is intended to aide home health owners administrators and managers in practicing good goal directed and efficient care of their patients It is my intention that if this book is properly put to use by all home health care professionals the home health agencies and their patients will benefit immensely Home Health Care has and will continue to undergo changes The use of qualified staff and the effective management of the agencies by their owners and administrator through knowledge and understanding of home health rules and regulations is key to coping with the changes

*2018 Joint Trauma System (JTS) Clinical Practice Guidelines (CPGs) & DOD TRAUMA REGISTRY DATA DICTIONARY For Military and Civilian Health Care Practitioners* ,2018-10-09 Almost 1 000 total pages see index at beginning of publications for a complete list of included CPGs Each CPG includes a section on the following 1 GOAL

## 2 BACKGROUND 3 EVALUATION 4 TREATMENT 5 PERFORMANCE IMPROVEMENT PI MONITORING 6 SYSTEM

REPORTING reduced burn morbidity and mortality near elimination of extremity compartment syndrome better patient care documentation and improved communication across the spectrum of care between geographically dispersed facilities CPGs are evidence based and developed with experts in the military and civilian communities deployed clinicians Service trauma surgical consultants JTS leadership and formerly deployed Trauma Directors and Coordinators JTS has a formalized process for developing reviewing updating and approving CPGs The guidelines are developed and implemented by clinical subject matter experts in response to needs identified in the military area of responsibility CPGs were developed originally for U S Central Command However collaborative efforts are ongoing with the other Combatant Commands to customize CPGs to their COCOMs INTRODUCTION TO THE JOINT TRAUMA SYSTEM JTS The Joint Trauma System JTS is the Department of Defense DoD authority for the military s trauma care system The vision of the Joint Trauma System is that every Soldier Sailor Marine and Airman injured on the battlefield will have the optimum chance for survival and maximum potential for functional recovery To achieve this vision in 2006 the JTS implemented programs for data driven trauma system development and improvement in addition to the collection of trauma data As part of its data collection efforts the JTS maintains a registry of trauma patients who received care at medical treatment facilities MTFs Since 2007 this registry known as the DoD Trauma Registry DoDTR has documented demographic injury treatment and outcomes data for all trauma patients admitted to any DoD MTF regardless of whether the injury occurred during on going military operations and is the largest military trauma data source in the world Development of the DoDTR began during the early years of the Global War on Terror GWoT when the need to systematically improve trauma care for combat wounded resulted in the impromptu creation of a demonstration registry known then as the Combat Trauma Registry CTR The CTR was constructed by the Center for AMEDD Strategic Studies CASS trauma related information was initially abstracted into it from paper medical records received from trauma nurse coordinators TNCs at Landstuhl Regional Medical Center LRMC in Germany Shortly after the demonstration program started the Army Surgeon General approved its transition to an operational mode leading to the formation of the Joint Theater Trauma System JTTS and eventually the Joint Trauma System JTS [Joint Trauma System \(JTS\) Clinical Practice Guidelines](#) , Over 700 total pages The JTS Clinical Practice Guidelines CPGs are to the greatest extent possible evidence based The guidelines are developed using a rigorous process that involves subject matter experts in each field evaluating the best available data If you are interested in learning more about the process of developing CPGs please click this link CPG Development Process This guide for CPG development will help lead you through the methods used to develop and monitor CPGs The JTS remains committed to using the highest levels of analytical and statistical analysis in its CPG development process COMPLETE LIST OF CURRENT JTS CPGs JTS CPG Documentation Process 01 December 2017 Acute Extremity Compartment Syndrome Fasciotomy 25 July 2016 Acute Respiratory Failure 23 January 2017 Airway Management of

Traumatic Injuries 17 July 2017 Amputation 1 July 2016 Anesthesia 23 Jun 2016 pdf Aural Blast Injury Acoustic Trauma and Hearing Loss 12 Aug 2016 Battle Non Battle Injury Documentation Resuscitation Record 5 Dec 13 Blunt Abdominal Trauma Splenectomy and Post Splenectomy Vaccination 12 August 2016 Burn Care 11 May 2016 Catastrophic Non Survivable Brain Injury 27 Jan 2017 Cervical Thoracolumbar Spine Injury Evaluation Transport and Surgery in Deployed Setting 05 August 2016 Clinical Mgmt of Military Working Dogs Combined 19 Mar 2012 Clinical Mgmt of Military Working Dogs Zip 19 Mar 2012 zip Damage Control Resuscitation 03 Feb 2017 DCoE Concussion Management Algorithm Cards pdf DoD Policy Guidance for Management of Mild Traumatic Brain Injury Concussion in the Deployed Setting Drowning Management 27 October 2017 Emergent Resuscitative Thoracotomy 11 June 2012 Fresh Whole Blood Transfusion 24 Oct 12 Frostbite and Immersion Foot Care 26 Jan 2017 Frozen Blood 11 July 2016 High Bilateral Amputations and Dismounted Complex Blast Injury 01 August 2016 Hyperkalemia and Dialysis in the Deployed Setting 24 January 2017 Hypothermia Prevention 20 Sept 2012 Infection Prevention in Combat Related Injuries 08 August 2016 Inhalation Injury and Toxic Industrial Chemical Exposure 25 July 2016 Initial Care of Ocular and Adnexal Injuries 24 Nov 2014 Intratheater Transfer and Transport 19 Nov 2008 Invasive Fungal Infection in War Wounds 04 August 2016 Management of Pain Anxiety and Delirium 13 March 2017 Management of War Wounds 25 April 2012 Neurosurgery and Severe Head Injury 02 March 2017 Nutritional Support Using Enteral and Parenteral Methods 04 August 2016 Orthopaedic Trauma Extremity Fractures 15 July 2016 Pelvic Fracture Care 15 March 2017 Prehospital Care 24 Nov 2014 Prevention of Deep Venous Thrombosis Inferior Vena Cava Filter 02 August 2016 Radiology 13 March 2017 REBOA for Hemorrhagic Shock 06 July 2017 Unexploded Ordnance Management 14 Mar 2017 Urologic Trauma Management 1 Nov 2017 Use of Electronic Documentation 5 Jun 2012 Use of MRI in Mgmt of mTBI in the Deployed Setting 11 June 2012 Vascular Injury 12 August 2016 Ventilator Associated Pneumonia 17 Jul 2012

**Evidence-Based Practice Improvement** Rona Levin, Bonnie Lauder, 2024-02-27 Describes a superior model to guide empirical practice improvement projects This unique text provides the academic and clinical healthcare communities with a tested practical and successful model EBPI to steer evidence based practice improvement projects The model tested in multiple clinical settings is distinguished from similar prototypes by its integration of the best EBP and quality performance improvement principles QI resulting in a highly practical and comprehensible model for guiding students and clinicians work to improve quality outcomes in healthcare The book emphasizes the need for collaboration among all stakeholders particularly those in different disciplines with different perspectives to provide greater clarity and enhance improvement work in a clinical agency It features a blueprint for guiding healthcare improvements based on evidence that incorporates potential changes of direction midstream The book also introduces tools for the evaluation of organizational commitment stakeholder choice and sustainability of improvement projects Section One of the text focuses on the background and development of the original EBPI model followed by in Section Two an elaboration of the components of the new enhanced

model EBPI Chapter authors in Section Three describe how they used the components of the EBPI model discussing lessons learned from its use This section connecting the theoretical basis for this work with real world applications includes a template that readers can use to facilitate their own projects The final section investigates future approaches to improvement work Comprehensive appendices provide useful tools for students and clinicians to use in developing implementing and evaluating any EBPI projects Key Features Describes a practical and successful model incorporating the best of EBP and QI approaches EPBI for improving quality outcomes in healthcare Incorporates a strong focus on how to determine and engage project stakeholders and provides tools for effective decision making Delineates specific methods to develop protocols for a small test of change prior to larger pilot studies Delivers approaches strategies for monitoring and evaluating sustainability Discusses how to assess organizational commitment and conduct stakeholder analyses Creates examples that use each component of EBPI as a template for readers Emphasizes the how to of implementation more than other competitive models

**Matteson & McConnell's Gerontological Nursing** Adrienne Dill Linton, Helen W. Lach, Mary Ann Matteson, 2007 Matteson McConnell's Gerontological Nursing 3rd Edition provides comprehensive research based information on nursing care of older adults Beginning with the basics the text uses a systems approach to describe the aging process from wellness to illness It also describes physiological and psychological aspects of aging in detail as well as assessment and practice in all settings using the nursing process Each chapter incorporates a research and theory based approach to the aging process Content is comprehensive and focuses on caring for the older adult The text examines the differences between normal aging conditions and clinical problems conditions Competencies and Roles in Gerontological Nursing section focuses on the process that nurses especially clinical nurse specialists use to impact gerontological nursing care Nursing care plans provide the practitioner with nursing care scenarios applied to clinical practice Expanded content on functional assessment including addressing communication issues both verbal and non verbal alerts the reader to vital issues that may affect the patient's plan of care Color insert visually complements material on the integumentary section as it illustrates some of the major integumentary conditions affecting the gerontologic population Reflections boxes written by experts across different nursing fields share personal experiences related to the chapters content Toward Better Health boxes provide key considerations for promoting healthy lifestyles Assessment boxes emphasize specific physical tests and observations to make when assessing a patient Age Related Changes boxes detail the ways in which particular body systems are affected by the aging process New chapters on End of Life Care Evidence Based Practice and Assisted Living Care give the reader a more comprehensive look at gerontological nursing care The Management of Pain Michael A. Ashburn, Linda Jo Rice, 1998 This new clinically oriented reference provides an authoritative and up to date overview of interdisciplinary pain management It delivers concise yet comprehensive coverage of pathophysiology diagnosis and clinical management of acute pain chronic benign pain and cancer pain in adults and children Focuses on key concepts and essential information Includes summaries of the most critical points of

each particular pain syndrome Covers rarely addressed issues essential to pain management such as nociception the pain oriented neurological examination organisation and reimbursement issues and pain and health care policy Reflects the modern interdisciplinary anesthesiology driven approach to the subject Features a broad scope that enables it to be used as both an accessible reference source and as a review text for broad certification *Oncology Nursing Forum* ,1995

Healthcare Resource and Reference Guide Lorri A. Zipperer,Brian P. Pace,1993 The Medical Outcomes & Guidelines Sourcebook ,1992 *Nursing Diagnoses and Interventions for the Elderly* Meridean Maas,Kathleen Coen Buckwalter,Mary Anderson Hardy,1991 **The Journal of Continuing Education in Nursing** ,2004 **Assessment and**

**Documentation--nursing Theories in Action** Annita B. Watson,Marlene Glover Mayers,1981 **Manual of Emergency Care** Susan Budassi Sheehy,Gail Pisarcik Lenehan,1999 An excellent comprehensive clinical reference thoughtfully revised to address new challenges facing emergency nurses emergency medical technicians and paramedics MANUAL OF EMERGENCY CARE details the basic principles of emergency care includes up to the minute advances in emergency care medical trauma and special case emergencies contains four entirely new chapters devoted to patient education allergies forensic nursing and legal issues and offers thoroughly revised more detailed chapters on sexual assault wound care and domestic violence Includes complete up to date and practical information for clinical practitioners and nursing students Presents a team approach to problem solving reflecting actual practices in emergency departments Covers assessment parameters diagnostic tests therapeutic interventions and other information pertinent to disorders and conditions NEW TO THIS EDITION Includes new chapter on forensic nursing thoroughly explaining the role of forensic nurses and the collection of forensic data Offers a new chapter on patient and family education stressing the growing importance of providing supports to help patients and their families continue recovery once they leave emergency care Presents basic legal issues for emergency nurses in a new chapter addressing hot legal topics including legal consent proper treatment of psychiatric patients appropriate handling of forensic issues and terms of the Emergency Medical Treatment and Active Labor Act EMTALA Provides a new chapter on allergies with detailed descriptions of reactions and the associated signs and symptoms interventions diagnostic tests latex allergies and patient education and support Contains an updated extensively detailed chapter on sexual assault listing proper procedures for collecting securing and transferring evidence following up documenting the assault and testifying in court all in a bulleted easy to follow format Offers newly revised wound management chapter with more detailed definitions and descriptions of wounds and wound care Includes separate chapters on intravenous therapy and laboratory specimens Clinical Care Classification (CCC) System Manual Virginia K. Saba,2007 Designated a Doody's Core Title span The Preeminent Nursing Terminology Classification System The Clinical Care Classification CCC System described in this manual is the only standard coded nursing terminology that is based on sound research using the nursing process model framework and that meets the Patient Medical Record Information PMRI



comparability requirement The CCC System allows patient care data generated by nurses to be incorporated into the PMRI database and enables nurses contributions to patient outcomes to be studied and acknowledged From the Foreword by Sheryl L Taylor BSN RN Senior Consultant Farrell Associates TESTIMONIES ABC Coding Solutions Alternative Link developed ABC codes for nursing in collaboration with Dr Virginia Saba developer of the CCC system Approximately two hundred ABC codes were developed from the CCC System of Nursing Interventions to accurately document nursing and integrative health care processes classify and track clinical care and develop evidence based practice models thus filling significant gaps in older medical code sets Connie Koshewa Practitioner Relations Director ABC Coding Solutions Alternative Link The International Classification for Nursing Practice ICNP is a program of the International Council of Nurses ICN One of the first steps in the development of the ICNP was to collect and compare all the nursing concepts in existing nursing terminologies including the CCC To facilitate the goal of ICNP as a unified nursing language system a project is under way to map the CCC to the ICNP Version 1 0 This work will facilitate evaluation and ongoing development of both terminologies and allow ICN to compare data using CCC codes with data from other standard nursing terminologies Amy Coenen PhD RN FAAN Director ICNP Program International Council of Nurses      **Alexander's Care of the Patient in Surgery** Edythe Louise Alexander, Jane C. Rothrock, Donna R. McEwen, 2007 Extensively updated to reflect new concepts in perioperative nursing practice and increased sophistication and complexity of surgical procedures      Pain Management Richard S. Weiner, 1997-09-22 This authoritative two volume reference the Fifth Edition of an internationally acclaimed bestseller offers the most up to date information available on multidisciplinary pain diagnosis treatment and management Pain Management A Practical Guide for Clinicians covers a broad range of approaches and techniques from the many different disciplines where professionals work with patients in pain With more than 100 contributors many of whom are among the most recognized and respected names in contemporary pain management this is the book most recommended by the American Academy of Pain Management AAPM and the book used by applicants to prepare for the AAPM entrance exam This unique two volume reference covers both traditional and alternative approaches and discusses the pain of children as well as adult and geriatric patients It also includes the results of extensive bibliographic literature searches from 1990 to the present on each topic covered A special section on legal considerations including sample depositions taken from real life cases helps readers prepare for the possibility of litigation so prevalent in healthcare today Regardless of your specialty or medical training or whether you are in a large hospital or a small clinic if you work with patients in need of pain management this complete reference is for you      **Physicians' Desk Reference** ,1991

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