



Information Sheet

Pain

- Pain is:**
- subjective (occurring where and when the person indicates it does),
 - multidimensional and
 - a highly variable experience for everyone

Total Pain consists of: – _____ pain
– _____ pain
– _____ pain
– _____ pain

An important factor in effectively managing pain and providing optimal comfort and minimal suffering is to examine pain from all sources and provide relief on all levels in all four domains.

Pain Assessment

- Self-report is the “Gold Standard” in pain assessment
- Communication barriers can make self-report difficult or impossible
- Pain and distress often go undiagnosed or misdiagnosed and under-treated
- Effective pain assessment in non-verbal people relies on the interpretations
- Main indicators of pain among people with cognitive impairments are:
 - increase in aggression
 - restlessness
 - changes in speech (e.g. whining, moaning, groaning)

Be careful to be objective when assessing pain. Best practice is to use assessment tools like:

- CPS-NAID (Chronic Pain Scale–Nonverbal Adults with ID)
- NCAPC (Non-Communicating Adults Pain Checklist)
- Abbey Scale
- DisDat (Disability Distress Assessment Tool)
- Wong–Baker Faces® Pain Rating Scale

