

PorcuPAIN

Don't Get Stuck With Pain

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Pain Management: "Injection Therapies"

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WHAT IS A PAIN MANAGEMENT DOCTOR?

- A physician who is devoted to evaluating and treating pain conditions
- Board-certified pain management physicians have additional training and expertise in the field of neurological, orthopedic, connective-tissue, spinal, and other pain conditions

WHAT IS "INJECTION THERAPY"?

- Injection of local anesthetic and/or corticosteroid into a joint, muscle tissue, or spinal region to reduce irritation and inflammation and reduce pain

WHO BENEFITS FROM "INJECTION THERAPY"?

- People whose pain has not responded satisfactorily to medications such as non-steroidal anti-inflammatory drugs (NSAIDs) or pain medicines, or to physical therapy
- People whose activity tolerance and social interaction is decreased because of pain
- People who are not sleeping or resting well due to pain
- Some conditions that can be managed by injections are:
 - Cervical or Lumbar Spinal Stenosis
 - Degenerative Disk Disease, Arthritis or Bursitis, Sciatica
 - Neuropathy

HOW CAN RESIDENTS AND FAMILY HELP?

- Do not ignore back or neck pain.
- Notify the nurse, your primary care physician, or the facility physician if you notice that you do not tolerate activity due to pain.
- Report loss of sleep or rest related to pain.
- Give a complete report which includes:
 - What makes the pain better or worse? (*Standing, sitting, walking, rest, heat, cold, sneezing, coughing, bowel movement, etc.*)
 - What does the pain feel like? (*Ache, dull, pressure, cramp, burning, numbness, tingling, sharp, shooting, electrical, hot, cold, twisting, etc.*)
 - Does the pain radiate? (*To the arm or hand, to the shoulder, to the knee, below the knee, to the feet, to the groin, etc.*)
 - What is the severity or intensity of the symptoms? (*Mild, moderate, severe; on a scale from 0 [no pain] to 10 [painful]. How do you rank your pain most of the time, and what is the highest level that you experience?*)
 - How often does the pain occur and how long does it last? (*Worse in the morning, worse at night, continuous or intermittent, lasts for a few minutes, lasts for several hours.*)

MoLANE Planning Committee Members:

- Missouri Pain Initiative
- Missouri Association of Homes for the Aging
- Missouri Health Care Association
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Association of Nursing Home Administrators
- Missouri Department of Health and Senior Services
- Missouri League for Nursing
- Missouri State Long-Term Care Ombudsman
- Missouri Board of Nursing Home Administrators
- National Association of Health Care Assistants
- Primaris, Missouri's Medicare Quality Improvement Organization
- Quality Improvement Program for Missouri (QIPMO)

Watch for more PAIN tips!

References:

www.painmed.com; www.niams.nih.gov/Health_Info/Spinal_Stenosis/; www.mayoclinic.com/health/spinal-stenosis
www.SpineUniverse.com/conditions/spinal-stenosis; www.aspmnstlouisregional.org