

PorcuPAIN

Don't Get Stuck With Pain

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Occupational and physical therapy can have a positive impact on pain management with residents in long term care in many ways. After an evaluation by an occupational therapist or a physical therapist the evaluating therapist will develop an individualized treatment plan to meet the resident's needs.

Depending on diagnosis and resident specific needs; this plan may include any combination of the following:

- Learning to use adaptive equipment and new techniques for eating, dressing, bathing, toileting and leisure activities to avoid painful bending and trunk rotation.
- Proper use of painful joints.
- Hot and cold packs.
- Paraffin for deep tissue and joint pain relief.
- Tissue massage.
- Therapeutic exercise and stretching.
- Ultra sound and electrical stimulation are also popular modalities to use for pain relief.
- Proper positioning to help the resident sit upright within midline to relieve discomfort. This positioning may include pressure relief cushions for wheel chair or bed to reduce the risk of compromising skin integrity with pressure sores.
- Often times the therapist provides the therapeutic use of touch which helps to sooth the body and soul.
- The therapist is also valuable in training caregivers how to best handle individuals with pain.

These are just a few things that an occupational therapist and/or physical therapist can do to address the pain that your long term care residents are experiencing. Check with your therapy department to see what they can do to help manage your residents with chronic pain.

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!