

PAIN: ANNOTATED GUIDELINES & PUBLICATIONS

Guideline				
Guideline	Overview	Source	Address	Cost
Acute Pain Management in The Elderly	User friendly guideline booklet developed from existing pain guidelines and current research. Divided into purpose; definitions related to pain; recommendations for practice (assessment, education, monitoring, pharmacological management, nonpharmacological management, and assessing effectiveness); appendices of tools; references; and contact information.	University of Iowa Research Dissemination Core. Acute Pain Management in The Elderly. 2000.	http://www.nursing.uiowa.edu/gnirc	\$12.50 to cover the cost of photocopying; these materials are copyrighted and permission must be obtained to duplicate: a permission form accompanies the protocols
Chronic Pain Management in the LTC Setting	The AMDA guidelines provide clinical information for the medical and nursing staff. Provides summary information in table format such as analgesics, assessment forms, side effect management. Good overview of information but does not provide detailed implementation information.	American Medical Directors Association. Chronic Pain Management in the LTC Setting. 1999	AMDA 10480 Little Pawtuxet Pkwy Suite 760 Columbia, MD 21044 800.876.2632 http://www.amda.com	\$8.00 for AMDA members; \$12.00 for non-members. Set of all AMDA guidelines available on CD ROM for \$50.00 for members; \$70.00 for non-members.
Joint Commission on Accreditation of Health Org. (JCAHO)	These guidelines review the standards related to pain, the theory behind the standards and the intent of the standards.	JCAHO	http://www.JCAHO.org	Free
MDS Educational Program - Accurately Assessing Pain and the MDS 2.0	Educational program, workbook, and reference guide for long-term care professionals on pain assessment.	Briggs Corporation. MDS Educational Program - Accurately Assessing Pain and the MDS 2.0.	Des Moines, IA 1-800-247-2343	
Practice Guidelines for Chronic Pain Management	Guidelines appropriate for physician staff not direct care nursing or nursing assistant staff.	American Society of Anesthesiologists. Practice Guidelines for Chronic Pain Management. 1997.	http://www.asahq.org	Free
The Management of Persistent Pain in Older Persons	Provides background information and chapters on assessment; pharmacological and non-pharmacological treatment; healthcare systems and practical application. May be geared more toward physicians than nursing home staff.	American Geriatrics Society. The Management of Persistent Pain in Older Persons. 2002.	http://www.americangeriatrics.org/education/manage_pers_pain.shtml	Free - Note that to view the complete guidelines, you must be a registered online member, or pay for a single article purchase.

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Assessment and management of acute pain	Summary of recommendations for the assessment and management of acute pain are presented in the form of an algorithm with 23 components, and are accompanied by detailed annotations. Clinical highlights and selected annotations (numbered to correspond with the algorithm) follow the algorithms.	National Guideline Clearinghouse	http://www.guidelines.gov/FRAMESETS/guideline_fs.asp?guideline=002327&sSearch_string=pain	Free
Exercise prescription for older adults with osteoarthritis pain: Consensus practice recommendations	Mounting evidence suggests that exercise may help lessen the effects of osteoarthritis. This document provides the American Geriatrics Society's exercise guidelines for older adults with osteoarthritis pain	American Geriatrics Society (AGS)	http://www.americangeriatrics.org/products/positionpapers/oa_guidelines.pdf	Free
Guidelines for pain recognition and assessment in older adults	A document directed to senior pharmacists, aimed at promoting the recognition of pain in older adults, in recognition of the fact that many seniors first contact their pharmacist when they experience pain.	American Society of Consultant Pharmacists	http://www.ascp.com/public/pr/guidelines/painrecognition/	Free
Protocol for pain management in residents with dementia (ADD Protocol)	The ADD Protocol aims to help physicians and caregivers: more accurately assess discomfort in people with dementia who can no longer verbally describe pain or emotional discomfort; more accurately and thoroughly treat physical pain or emotional discomfort; and decrease the inappropriate use of psychotropic medication, such as tranquilizers.	Healthlink: Medical College of Wisconsin	http://healthlink.mcw.edu/article/967581724.html	Free

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Literature	
Literature	Synopsis
Feldt K. Improving Assessment and Treatment of Pain in Cognitively Impaired Nursing Home Residents. <i>Annals of Long-Term Care</i> 2000; 8(9): 36-42.	Reviews literature on pain assessment in cognitively impaired institutionalized elders and offers recommendations for the assessment and treatment of this populations.
Thomas DR et al. The Management of Chronic Pain in Long-Term Care Settings. <i>Annals of Long-Term Care</i> Nov 2001: Suppl.	Pain in LTC residents overview, fundamentals of pain assessment, pharmacologic treatment, nonpharmacologic treatment strategies & end of life care. Provides algorithms for pain assessment for pain management for nonmalignant pain.
Herr KA and Garand L. Assessment and Measurement of Pain in Older Adults. <i>Clinics in Geriatric Medicine</i> Aug 2001; 17(3): 457-478.	Offers a brief overview of the epidemiology and consequences of pain, followed by a summary of issues and approaches relevant to pain assessment in older adults. Cohort specific recommendations for comprehensive pain assessment and measurement are then addressed.
Weissman DE. Improving Pain Management in Long-Term Care Facilities. <i>Innovations in End of Life Care</i> 2001; 3(1). Online: www.edc.org/lastacts	Improving pain management in long-term care facilities has several unique barriers in comparison to the acute hospital setting. To address these barriers the Medical College of Wisconsin Palliative Care Program began a project in 1996, initially working with 87 long-term care facilities, to improve pain management practices through a series of educational and quality improvement steps. This article reviews the overall structure, results, strengths and weaknesses of this approach to improving pain management in the site of clinical care.
Additional Literature	
Bernabei R, Gambassi G, Lapane K, et al. Management of Pain in Elderly Patients with Cancer. <i>JAMA</i> 1998; 279: 1877-82.	
Bigos S, Bowyer L, Braen G et al. Acute Low Back Problems in Adults. Clinical Practice Guidelines No. 14, AHCPR Publication No. 95-0642. Rockville, MD: Agency for Health Care Policy and Research, Public Health Service, U.S. Department of Health and Human Services. Dec 1994.	
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Codosh J, Ferrell Ba, Shekelle PG, et al. Quality Indicators for Pain Management in Vulnerable Elders. <i>Ann Int Med</i> 2001; 135: 731-35.	
Complementary Care: When is it Appropriate? Who Will Provide It? <i>Ann Int Med</i> 1 Jul 1998; 129: 65-66.	
Cramer GW, Galer Bs, Mendelson MA, and Thompson GD. A Drug Use Evaluation of Selected Opioids and Nonopioid Analgesics in the Nursing Facility Setting. <i>J Am Ger Soc</i> 2000; 48(4):398-404.	
Feldt KS. The Checklist of Nonverbal Pain Indicators (CNPI). <i>Pain Management Nursing</i> 1995; 1(1):13-21.	
Ferrell BA, Ferrell BR, and Osterweil D. Pain in the Nursing Home. <i>Journal of Pain and Symptom Management</i> 1990; 10: 591-98.	

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Gloth FM III, Scheve AA, Stober BS, et al. The Functional Pain Scale: Reliability, Validity, and Responsiveness in an Elderly Population. Journal of the American Medical Directors Association 2001; 2: 110-114.
Gloth FM III. Pain Management in Older Adults: Prevention and Treatment. Journal of the American Medical Directors Association 2001; 49:188-99.
Herr K and Mobily PR. Comparison of Selected Pain Assessment Tools for Use with the Elderly. Applied Nursing Research 1993; 6:39-46.
Herr KA and Mobily Pr. Pain Management for the Elderly in Alternative Care Settings. In: Pain in the Elderly. Ferrell BR and Ferrell BA (Eds.). Seattle, WA: IASP Press.
Herr KA , Mobily PR, Kohout FJ, and Wagenaar D. Evaluation of the Faces Pain Scale for Use with the Elderly. Clin J Pain 1998; 14: 235-42.
Horgas AL and Tsai PR. Analgesic Drug Prescription and Use in Cognitively Impaired Nursing Home Residents. Nursing Research 1998; 47: 235-42.
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Kovach C, Griffie J, Muchka S, Noonan P, Weissman De. Nurses' Perceptions of Pain Assessment and Treatment in the Cognitively Impaired Elderly: It's Not a Guessing Game. Clinical Nurse Specialist 2000; 14(5): 215-20.
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