

FAST FACTS: The One-Minute Pain Assessment

Did you know that, in about one minute, you can identify older adults who are experiencing pain?

Pain control is best achieved through good assessment. The following assessment may be completed in about one minute and quickly identifies older adults who may be experiencing pain regardless of cognitive status or verbal abilities.

If any of the following items are noted, pain may be an issue and should be investigated further. During the assessment, if an older adult uses a particular word to describe their pain continue to use that adjective when talking about their pain.

✓ **3 Pain Questions**

- Do you have any aches or pains today?
- Can you tell me about your pain, aches, soreness, or discomfort?
- Would you say your pain was mild, moderate, or severe?

✓ **Facial Expression (e.g.)**

- Grimacing, Frowning, Mouth Opening, Tight Closed Eyes

✓ **Verbal Expressions (e.g.)**

- Moaning, Crying, Groaning, Shouting

✓ **Body Posturing (e.g.)**

- Guarding, Rubbing
- Stiff, Rigid or Resisting Movement
- Restlessness

A comprehensive pain assessment is warranted if the initial one-minute assessment is positive for pain presence.

Identify potential strategies with the older adult's input for pain management.

References:

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2. Horgas, AL Grall, MS Yoon, SL. 2020. Pain Management In Boltz, M Capezuti, E Fulmer, T Zwicker, D. Evidence-Based Geriatric Nursing Protocols for Best Practice. 6th Ed. (2020) ISBN: 9780826188144

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