PAIN JEOPARDY

“I’ll take INTERVENTIONS for 400 points, Alex!”
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<th>Fact/Myth</th>
<th>Barriers</th>
<th>Assessment</th>
<th>Education</th>
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Category: Fact or Myth
For 100 Points

People who take pain medication (opioids) generally become addicted
MYTH

Addiction to opioids as a result of pain management is uncommon among nursing home residents
Category: Fact or Myth
For 200 Points

Older adults tend to report more pain as they age.
MYTH

Many older adults tend NOT to report their pain because they think it is a normal part of growing older.
Category: Fact or Myth
For 300 Points

Opioids should not be considered when treating older adults with severe pain.
MYTH

Opioids are the first line of defense we have to combat severe pain. Opioids have no maximum daily dose. This allows us to adjust dose to an effective level, no matter how severe.
Category: Fact or Myth
For 400 Points

Effective pain control improves the ability to fight disease.
FACT

One side effect of unrelieved pain is a compromised immune system.
Category: Fact or Myth
For 500 Points

Constipation is one reason the use of opioids should be avoided in older adults.
MYTH

Constipation is a manageable side effect of opioid use. A bowel program must always be in place when starting opioids.
Category: Barriers
For 100 Points

True or False

Communication is a key component in good pain management.
Regular and thorough communication must occur between ALL people involved in the resident’s care.

TRUE
Name THREE reasons why families or caregivers may not want to support a pain management plan for a resident in pain.
• Mistakenly held beliefs
• Fear of addiction
• Cultural values
• Fear of side effects
• Don’t want loved one to be “targeted” or “labeled”
• Lack of information
Category: Barriers
For 300 Points

Name THREE barriers to good pain management by health care providers.
• Personal biases
• Inadequate pain assessment skills
• Lack of knowledge
• Lack of time
• Fear of resident addiction
Category: Barriers
For 400 Points

Name THREE barriers to good pain management by physicians or other prescribers.
• Concern about detrimental side effects
• Lack of communication by health care personnel and the resident/family
• Fear of legal issues
• Fear of regulatory scrutiny
• Unfamiliarity with opioids
• Fear of resident addiction
• Personal biases
Give THREE reasons older adults may not report pain.
• Fear of addiction
• No one has asked them
• Belief that pain is normal
• Don’t want to be a bother
• Cultural or generational beliefs/values
• Fear of side effects
• Depression
• Low expectations for pain relief
• Worry about cost
Category: Assessment
For 100 Points

True or False

A person’s pain is whatever they say it is and exists whenever and wherever they say it does.
TRUE

This is a definition used by many pain management programs because it helps us focus on the subjective nature of pain.
Category: Assessment
For 200 Points

Give THREE signs of pain that might be exhibited by cognitively impaired elders.
• Vocal Cues (e.g., moaning)
• Verbal Cues (e.g., ‘ouch’, ‘Stop!’, cursing)
• Facial Cues (e.g., furrowed brow, clenched jaw)
• Changes in movement (e.g., shifting positions, massaging painful body parts, protecting painful body parts during movement, clutching objects)
When should the nurse complete a comprehensive pain assessment?
• Admission/Readmission
• Change in pain status or health status
• Each MDS Assessment
Category: Assessment
For 400 Points
What words might a person use to describe neuropathic pain?
• Shooting
• Stabbing
• Burning
• Tingling
• Numbness
• Radiating
Category: Assessment
For 500 Points

What words might a person use to describe Somatic and/or Visceral pain?
Somatic – aching, throbbying, gnawing

Visceral – cramping, pressure, deep aching
Category: Education
For 100 Points

True or False

Pain medication can not be administered to a person unless they ask for it.
FALSE

Staff and family should recognize signs/symptoms of pain in individuals and speak on their behalf, always asking the resident first.
Category: Education
For 200 Points

True or False

Nursing is the only discipline that needs to be educated on pain.
All health care workers are part of the team responsible for providing effective pain management.

FALSE
For 600 Points,
What does WILDA stand for?
Double Jeopardy

Words to describe pain
Intensity of the pain
Location of the pain
Duration of pain
Aggravating/Alleviating factors
Category: Education
For 400 Points

Name THREE things to discuss with the older adult and family when starting a pain management treatment plan.
• Benefits of effective pain management
• Options available
• Goals of treatment, including identifying the resident’s goals and an acceptable level of pain
• Side effects and their treatment
• Cost (financial, emotional and/or physical)
• Potential negative effects of pain
• Pain symptoms – including nonverbal
• Need for good communication
List at least three differences between acute and chronic pain.
Acute vs Chronic Pain

- **Acute**
  - Short term
  - Sudden onset
  - Usually known cause
  - Usually goes away
  - Typically doesn’t cause severe emotional stress

- **Chronic**
  - Often unknown cause
  - May cause depression, sadness, anxiety, anger, sense of loss of control
  - May continue throughout life
  - Requires comprehensive treatment
Category: Interventions
For 100 Points

Name THREE different non-pharmacological interventions.
- Distraction
- Heat/Cold
- Massage
- Relaxation/Imagery
- Pastoral Consult
- Exercise
- Immobilization
- TENS
- Acupuncture
- Hydrotherapy
- OT/PT consult
What does the WHO Ladder stand for and how is it used?
• World Health Organization
  – Provides a systematic approach to treat mild, moderate and severe pain
Category: Interventions
For 300 Points

What can administration do to support effective pain management?
• Make effective pain management a priority
• Ensure that effective policies are in place and followed
• Make sure that staff have adequate supplies and time
• Make ongoing training programs a priority
Category: Interventions
For 400 Points

What are some non-pharmacological interventions that the departments other than nursing can do?
• Involve the resident in activities
• Provide 1:1 room visits
• Aromatherapy
• Touch – massage, lotion
• Take on walks
• Read or provide other distractions
• Support groups
Category: Interventions
For 500 Points

True or False

Older adults usually have at least three different sites of pain.
And it is important to assess and manage each pain site separately.
CREDITS

Adapted from the Kansas Foundation for Medical Care, Medicare Quality Improvement Organization of Kansas.

Credit for the original Jeopardy Game Template: adapted from the work of Susan Collins and Eleanor Savko, District Resource Teachers for Hardin County Schools