

It's Not About Attention, It's Not About Escape- It's About **PAIN**

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PAIN AMONG INDIVIDUALS WITH SIGNIFICANT NEEDS

- Individuals with significant needs often experience chronic and heightened levels of acute pain and/or discomfort (Cooper, 1998; Engel, Jensen, Hoffman, & Kartin, 2003)
- Pain-causing conditions among individuals with significant needs are often diverse and interrelated (Carr & Blakeley-Smith, 2006)
- Insensitivity to pain does exist among this population, but complete indifference is rare (Oberlander, 2001)
- Not addressing root cause(s) of pain-related behaviors compromise quality of life (Carr & Owen-DeSchryver, 2006)

INDIVIDUAL EXAMPLES

- RON
- MARIA
- AIDAN
- JOHNNY
- ALEX



OVERVIEW

- DETECT THE PRESENCE OF PAIN
- ANALYZE THE IMPACT OF PAIN
- INVESTIGATE UNDERLYING CAUSE OF PAIN
- TREAT THE PAIN/COPE WITH THE PAIN
- EVALUATE THE EFFECTIVENESS OF TREATMENT

(OBERLANDER, 2001)

DETECT THE PRESENCE OF PAIN

- VERBAL AND NONVERBAL INDICATORS OF PAIN
 - RATIONALE
 - TEAM APPROACH
 - METHODS

VERBAL INDICATORS

- MOANING, WHINING, WHIMPERING
- CRYING
- SCREAMING/YELLING/SHRIEKING
- CURSING
- SPECIFIC VOCALIZATION

(OBERLANDER, 2001)

NONVERBAL INDICATORS

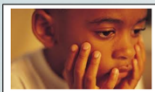
- **CHANGES IN EATING OR SLEEPING**
- **IRRITABILITY**
- **WITHDRAWAL**
- **COMFORT SEEKING**
- **FACIAL EXPRESSION**
- **CHANGE IN ACTIVITY LEVEL**
- **BODY POSTURE**
- **FLINCHING, GUARDING**
- **PHYSIOLOGICAL SIGNS**

EXAMINATION FOR PAIN BY CAREGIVERS

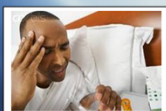
- **BODY SCAN**
- **PICTORAL IDENTIFICATION OF
LOCATION OF PAIN**
- **DATA COLLECTION**
- **ESTABLISHING BASELINE**

PICTORAL IDENTIFICATION OF PAIN

I feel sick.



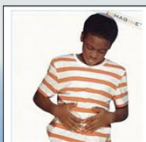
My head hurts.



My throat hurts.



My stomach hurts.



My back hurts.



My ear hurts.



ANALYZE THE IMPACT OF PAIN

- PAIN QUESTIONNAIRES
- PAIN SCALES
 - VERBAL
 - PICTORAL
 - BEHAVIORAL

PICTORAL PAIN SCALE

My **headache** feels like a



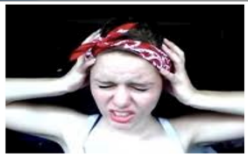
1



2



3



4

BEHAVIORAL PAIN SCALE

1	2	3	4	5
Behavioral Descriptors				
Laughing Talkative Making plans No complaints	Laughing Talkative Making plans Complains of foot pain	Occasional complaints of pain Occasional protests of pain (may yelp once an hour) Might refuse to leave the house initially, but if you wait and ask again, he will comply Will answer questions Increasing complaints, but can be coaxed to complete one activity per hour	More frequent complaints of pain Yelps 2-3 times per hour Beginning to mumble or curse (2-3x per hour) May clap or hit arm of chair occasionally Repeatedly requests comfort items Becomes frustrated when he loses his comb Mildly irritable Will say grandpa; radio Walks in circles occasionally but can be redirected	Will not answer questions-he perceives them as demands Multiple refusals Saying no Yelps every ten minutes Mumbles or curses (4-5x per hour) Voice tone changes to a whine Asks for mom Rocks rapidly in chair Walks in circles, can not be redirected
Corresponding Staff Response				
Ron is healthy Out in the community Will engage in multiple work tasks	Ron is healthy Out in the community Will engage in multiple activities	1-2 preferred community activities Choices based on pain/irritability Encourage to look at shopping cards/books Engage in activity at least once per hour	Stay at home Encourage to sit in the living room Encourage to watch videos Provide finger foods	Stay at home Encourage to sit in the living room Encourage to watch videos Reduce demands Provide finger foods If walking in circles, allow for 5 minutes and then bring to living room and sit close
Medication				
Early morning pain medication Additional pain medication every 6-8 hours (preferably Tylenol)	Early morning pain medication Additional pain medication every 4-6 hours (preferably Tylenol)	Early morning pain medication Additional pain medication every 2-4 hours (may need to alternate Percocet and Tylenol)	Early morning pain medication Percocet every 2 hours	Early morning pain medication Percocet every 2 hours Soma or hydroxyzine based on assessment of pain and anxiety

INVESTIGATE THE UNDERLYING CAUSE OF PAIN

- **ANALYZE POSSIBLE CAUSES OF PAIN
ONE AT A TIME**
- **USE BASELINE DATA FOR
COMPARISON**

DOCTOR VISITS

- **FINDING THE RIGHT DOCTOR**
- **PREPARING THE DOCTOR FOR THE
VISIT**
 - **TIMING OF APPT**
 - **FILLING OUT FORMS AND SENDING
MEDICAL HISTORY ONE WEEK PRIOR
TO THE APPT**
 - **BRINGING CURRENT MEDICATION LIST**
 - **HAVING SOMEONE TO TALK TO THE
DOCTOR AND SOMEONE TO ATTEND TO
THE INDIVIDUAL**

DOCTOR VISITS

- PREPARING THE INDIVIDUAL FOR THE VISIT
 - DESENSITIZATION
 - PREMACKING
 - PLANNING FOR MATERIALS/ACTIVITIES TO ASSIST WITH COOPERATION
 - MEDICATION

TREAT THE PAIN

- PROVIDE PRESCRIBED MEDICATION/INTERVENTIONS ON SCHEDULE
- PROVIDE ANALGESICS AS RECOMMENDED BY PHYSICIAN
- PROVIDE INDIVIDUALIZED COMFORT MEASURES

COMFORT MEASURES

- MASSAGE
- HEAT
- POSITIONING
- DEEP PRESSURE
- BEING ALLOWED TO REST
- PREFERRED MUSIC
- PREFERRED FOOD AND DRINK

COPE WITH THE PAIN

- REDUCE DEMANDS
- PROVIDE DISTRACTIONS
- PROVIDE NONCONTINGENT ACCESS TO REINFORCEMENT
- OFFER EXTRA ASSISTANCE
- PROVIDE MORE CHOICE
- USE BEHAVIORAL MOMENTUM
- TEACH RELAXATION TECHNIQUES

DETERMINE THE EFFECTIVENESS OF TREATMENT

- CONTINUED DATA COLLECITON
- COMMUNICATION WITH TEAM MEMBERS
- AWARENESS OF MEDICATION SIDE EFFECTS

QUESTIONS?



RESOURCES

- Carr & Blakeley-Smith, 2006
Irritability subscale of the ABC-Community, Illness Checklist (copy avail in article), Problem Behavior Questionnaire (copy available in article)
- Carr & Owen-DeSchryver, 2006
Behavior questionnaire (copy included in article)

- Lotan, Moe-Nilssen, Ljunggren, & Strand, 2009
Non-Communicating Children's Pain Checklist-Revised (NCCPC-R) & Non-Communicating Adult Pain Checklist (NCAPC): an observational pain measure consisting of seven domains including vocal, social, facial, activity, body and limbs, physiological, eating/sleeping
- The Facial Coding System (FACS)
Used to categorize facial behaviors based on the muscles that produce them, i.e., how muscular action is related to facial appearances (authors report not as good as NCCPC-R) <http://www.face-and-emotion.com/dataface/facs/description.jsp>

THANK YOU!

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