

Table of Contents

About the Author and Expert Reviewers	v
AANAC and the Education/Certification Programs.	viii
Course Objectives	1
Pretest.	2
Overview	4
The Scope of the Problem	4
<i>F309: Quality of Care—Pain Management</i>	6
Defining Pain	7
Anatomy and Physiology	7
<i>Ageing and the Pain Experience</i>	9
<i>Pain Classification</i>	9
Barriers to Optimal Pain Management	10
Pain Assessment	11
<i>Pain Screening and Assessment Parameters</i>	12
<i>WILDA Pain Assessment Guide</i>	14
<i>Total Pain</i>	18
<i>Assessing Pain in the Cognitively Impaired, Non-Verbal Resident</i>	19
<i>Pain Assessment Instruments for Non-Verbal Residents</i>	20
Coding the MDS for Pain	23
<i>J0100: Pain Management (5-Day Look Back)</i>	24
<i>J0200: Should Pain Assessment Interview Be Conducted?</i>	27
<i>J0300-J0600: Pain Assessment Interview</i>	29
<i>J0300: Pain Presence (5-Day Look Back)</i>	32
<i>J0400: Pain Frequency (5-Day Look Back)</i>	34
<i>J0500: Pain Effect on Function (5-Day Look Back)</i>	36
<i>J0600: Pain Intensity (5-Day Look Back)</i>	38
<i>J0700: Should the Staff Assessment for Pain be Conducted? (5-Day Look Back)</i>	41
<i>J0800: Indicators of Pain (5-Day Look Back)</i>	42
<i>J0850: Frequency of Indicator of Pain or Possible Pain (5-Day Look Back)</i>	46
Pain Management in Older Adults	48
<i>Pharmacologic Treatment</i>	48
<i>Nondrug Modalities</i>	60
Case Studies and Sample Care Plan	62
<i>Case Study 1</i>	62
<i>Case Study 2</i>	63
<i>Case Study 3</i>	64
<i>Sample Care Plan—Pain Management</i>	65
Pretest Answer Key	66
Resources	67
References	68

Source Documents72

Analgesic Reference Guide 73

Excerpt from Appendix PP (F309) 75

Excerpt from Survey & Certification Memo 12-48-NH (September 27, 2012) 98

AANAC Training Manual Evaluation115

AANAC Membership117