

# Pain Assessment and Management in Elder Care: A Person-Centered, Holistic Approach

March 18, 2010 ❖ Alliance Conference Center

*6 pain management credits for Oregon RNs and LPNs*

According to recently published studies, resident pain is one of the most frequently un-assessed and untreated problems in elder care communities, including nursing homes, assisted living and residential care. While assessment and treatment of pain are important in assisting the resident in obtaining optimal function, many barriers exist to providing quality care. This workshop will provide participants with the information and tools necessary to recognize pain, and the affect it is having on their residents, as well as current treatments, including non-pharmacological approaches.

In addition, the **new pain assessment tool** developed in conjunction with Oregon SPD will be provided to all participants. The American Pain Society Book "Pain: Current Understanding of Assessment, Management and Treatments" will be utilized as a course handout, as well as additional assessment and monitoring tools. Case studies will be discussed.

**When:**  
March 18, 2010

**Class Hours:**  
9 a.m. to 4 p.m.

**Location:**  
Alliance Conference Center, 7300 SW Hunziker, Tigard, OR

**Target Audience**  
RNs, LPNs, CNAs, administrators and staff in elder care, including nursing homes, ALFs/RCFs, home health/home care

## **Objectives**

- Identify the barriers to pain assessment and treatment as well as the consequences of under treatment
- Explain the pathophysiologic mechanisms involved in pain and pain perception
- Describe the core principles and goals of pain assessment and care planning
- List the type of pharmacological treatments including the doses, routes, the actions, the common adverse effects and the National Health Institutes algorithm for pain management
- Distinguish the similarities and differences for pain management and treatment among different resident populations
- Discuss the role of non-pharmacological interventions for pain management
- Examine ethical issues in pain management
- Discuss the pain management quality scorecard and assess your current pain management program.

## **Faculty**

**Demi Haffenreffer**, RN, MBA, is Founder and President of Haffenreffer & Associates, an Oregon consulting firm supporting skilled and community based care providers in the delivery of person-centered, compassionate care.

## Registration

Name(s) \_\_\_\_\_

Name(s) - Please duplicate for additional names \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

<b>Fee:</b>	<u>Alliance Member</u>	<u>Non-Member</u>
	<b>\$99</b>	<b>\$129</b>

Note: All registrations must be prepaid. Payment can be made by check (made out to OASHS) or credit card. Faxed registrations and telephone registrations will only be accepted with credit card information.

Visa       Mastercard       American Express

Card # \_\_\_\_\_

Name on card: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Cardholder signature: \_\_\_\_\_

**Total fees enclosed:** \$ \_\_\_\_\_

Enclose check or credit card info and copy of registration form to:

Oregon Alliance of Senior & Health Services  
7340 SW Hunziker, Suite 104  
Tigard, OR 97223      PH: 503.684.3788      FAX: 503.624.0870

## **To Register**

Fill out the registration form and mail it with your check (**made out to OASHS**) or credit card information. Cancellations must be received no later than five working days prior to the course to be refunded (less a \$25 service charge). No refunds are possible after that date, but you are welcome to send someone in your place. *The Alliance reserves the right to cancel any class that does not meet minimum registration.*

## **CEUs**

Certificates for 6 CEUs will be provided to participants (including 1.5 ethics credits and 4.5 regular credits for NHAs).

***This workshop is approved for the required 6 pain management credits for Oregon RNs and LPNs. Please bring your license number to class.***

**Call 503.684.3788 with questions  
or to opt out of future faxed educational fliers**