



## Introduction to pain in aged care

## OVERVIEW OF MODULE

This education module provides staff with an overview of what pain is, types of pain and how our body responds to pain.

### Learning objectives

- 1** Explain the different types of pain seen in aged care
- 2** Identify signs of pain and know the common causes of pain in aged care residents/patients/clients
- 3** Recognise pain management is based on individual goals

## Pre-video reflection

---

Before watching the short video, record some of your thoughts to the below self-reflection questions.

**1. How common do you think pain is within aged care?**

**2. Do you think every person experiences pain in the same way and why?**

## Post-video discussion/questions

---

Record your answers to the discussion questions below.

**1. How many residents/patients/clients have you cared for in the last week that have told you they were in pain?**

**2. What behaviours (e.g., facial expressions, vocal sounds, body movements, changes in mood) have you noticed in your residents/patients/clients that show to you they are in pain?**

**3. List the two main types of pain seen in aged care**

**4. List the three main mechanisms of pain**



## Key messages

---



Most people in aged care have pain

---



Pain is often not noticed and under-reported, and therefore under-treated

---



Total elimination of pain is not always possible, and 100% pain relief is not necessarily the goal of pain managements

For more information, visit

[www.apsoc.org.au/painACT-Online-Learning](http://www.apsoc.org.au/painACT-Online-Learning)

