



## Conversations about pain

## OVERVIEW OF MODULE

This education module provides staff with information on how to have conversations about pain with aged care residents/patients/clients, families and colleagues.

### Learning objectives

- 1** Recognise opportunities to identify pain
- 2** Identify when pain needs to be referred to a nurse for further management
- 3** Outline phrases that can be used when starting conversations and/or reassuring aged care residents/patients/clients about their pain

## Pre-video reflection

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

- 1. Has there been a time when an aged care resident/patient/client was in pain and you didn't know how to manage the situation? List any specific details about the interaction that you found difficult.**

## Post-video discussion/questions

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Record your answers to the discussion questions below.

- 1. If an aged care resident/patient/client resident tells you they are in pain, what should you do?**

- A) Report their pain to a nurse on duty for appropriate treatment
- B) Ask them questions about their pain to get further information e.g., does it hurt when you move?
- C) Monitor the aged care resident's/patient's/client's pain and follow-up with the nurse
- D) All of the above

- 2. List different ways you can ask an aged care resident/patient/client about their pain?**

- 3. Make a list of useful phrases that you can use to let the aged care resident/patient/client and/or their family know you acknowledge their pain.**



## Key messages

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If personal care workers don't notice and report pain, it will easily be missed

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Use language that is meaningful to the aged care resident/patient/client (e.g., "We know that you are living with pain, are you in pain right now?")

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Listen to aged care residents/patients/clients and their families – validate and acknowledge that you know they are in pain, then take action to escalate as needed

For more information, visit

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

