



## Pain and non-pharmacological management

### OVERVIEW OF MODULE

This education module provides staff with an overview of non-pharmacological approaches to the management of pain in aged care.

#### Learning objectives

- 1 Identify when non-pharmacological approaches to pain management should be considered
- 2 Identify when an aged care resident/patient/client may be experiencing negative thoughts due to their pain and describe ways you can help encourage positive thinking to help manage pain
- 3 Recognise pain management is based on individual goals

## Pre-video reflection

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

- 1. Think back to a time when you knew a resident/patient/client was uncomfortable and in pain. Did you provide them with any practical suggestions that may have helped to make them more comfortable? If so, list your suggestions below.**

## Post-video discussion/questions

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Record your answers to the discussion questions below.

- 1. List the non-pharmacological approaches we use at our aged care facility/aged care provider organisation to help manage pain.**

- 2. List the ways you can provide comfort to someone in pain (e.g., these can be verbal or physical gestures).**



## Key messages

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When managing pain in aged care, non-pharmacological approaches should be considered before medication is prescribed

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Personal care staff and lifestyle staff can make the most difference when providing non-pharmacological care for pain management

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Providing comfort is a non-pharmacological approach to managing pain in aged care

For more information, visit

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

