



## Pain Management Care Plan Highlights

Care planning for pain management consistent with EBBP expectations is an ongoing interdisciplinary/interprofessional process that is initiated at the time of admission and developed by a licensed nurse using information obtained from the assessment process. A person-centered care plan should be developed for any person who may be experiencing pain. The goal of the care planning process should be consistent with the person’s needs and preferences based on the findings of the comprehensive pain assessments and subsequent re-evaluations.

Problems/Needs	Goals/Outcomes	Interventions/Approaches	Team Members
<p>Type of pain experienced (acute, intermittent, or chronic)</p> <p>Related to (the etiologies, diagnosis, causes, conditions)</p> <p>As evidenced by (how was pain identified; where is pain located)</p> <p>Date developed</p> <p>Update with changes in current pain condition or new pain (include dates)</p>	<p>Individual’s acceptable level of pain (if able to verbalize)</p> <p>Individual’s ability to maintain and/or perform ADLs</p> <p>Absent or diminished pain behaviors</p> <p>Specified date</p> <p>Changes in measurable goals related to changes in condition (include dates)</p>	<p>Education provided to the person and/or their family/surrogate including causes, interventions, use of pain scales &amp;/or other issues that may affect pain (cultural/religious/personal beliefs, etc.)</p> <p>Specify timing/frequency of comprehensive pain assessments and re-evaluations</p> <p>Validated pain intensity/behavioral scale(s) used</p> <p>Individualized non-pharmacological interventions based on factors identified in the assessment process such as: ·</p> <ul style="list-style-type: none"> <li>• Effects of pain on ADLs and behaviors</li> <li>• Aggravating and relieving factors</li> <li>• Verbal and nonverbal behaviors or signs</li> <li>• Results of current and previous interventions utilized</li> <li>• Medication side effects management</li> </ul> <p>Specify non-pharmacological interventions</p> <p>Medications ordered for pain management and side effects management</p> <p>When to notify the physician if pain relief measures are ineffective</p> <p>Review and revise interventions related to changes in condition and/or assessment (include dates)</p>	<p>Indicate which discipline or professional is responsible for each approach</p> <p>Periodic IDT review to monitor and evaluate the effectiveness of interventions</p>