PAIN AND SYMPTOM MANAGEMENT IN HOSPICE CARE

VOLUNTEER TRAINING 2022





Few things a doctor does are more important than relieving pain... pain is soul destroying. No patient should have to endure intense pain unnecessarily. The quality of mercy is essential to the practice of medicine; here, of all places, it should not be strained."

— Marcia Angell



PAIN AND SYMPTOM MANAGEMENT

Objectives:

- I. Identify Signs And Symptoms Of Pain
- 2. Be Able To Identify Types Of Treatment For Pain
- 3. Understand Other Common End Of Life Issues
- 4. Know what you can do to help when you notice signs and symptoms.





PAIN CONTROL IS A CENTRAL GOAL FOR HOSPICE CARE





Federal guidelines require all hospice's to make every reasonable effort to assure that the patient's pain is controlled.

Always ask about pain. Believe the Patient!

Remember
pain is
whateverwhenever-and
wherever- the
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It is
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Signs And Symptom Of Pain: What To Watch For

Pain-Always ask about pain. Believe the Patient! -Remember pain is whatever-whenever-and wherever- the person says it is.

What to watch For:

- Notice facial expressions (grimacing-frowning-wrinkled brow)
- Moaning-groaning
- Crying out
- Rubbing or protecting a certain spot
- Moving slowly- pacing or rocking back and forth



Other Behaviors That Can Indicate Pain

Anxiety

- Feelings may cause anxiety-fear of dying-worrying about family
- Tension or shakiness- problems concentrating- sleeplessness

Restlessness

- A condition that usually occurs —especially in last 48 hrs.
- Fidgeting-pulling at sheets or clothing-moving extremities
- Inability to get comfortable- moving around-tossing and turning
- Trying to get out of bed for no known reason



Types of Medication for Pain Control

Mild: Over the

Counter

Medications

Tylenol

Ibuprofen

Aspirin

Moderate

Codeine

Hydrocodone

Oxycodone

Dihrdocodeine

Tramadol

Severe

Morphine

Hydromorphone

Methadone

Levorphanol

Fentanyl



Myths And Reality Of Narcotics

Myths

- Narcotics are addicting.
- Narcotics slow down respiratory.
- Will hasten death.
- It just knocks one out or feels foggy and lose control.

Reality

- Rare for terminally ill when used for symptom management.
- Rare if adjusted slowly for relief Desired effect for air hunger.
- Research doesn't support needed for pain management.
- When taken regularly-tolerance quickly develops-should go away within days.



Other Types of Treatements for Pain

Massage and Music Therapy

- Patient and families and request both Music and Massage Therapy.
 These request are then addressed during IDT meetings.
- > These services are provided by a licenced specialist

Other Relaxation Techniques

- Provide an atmosphere that is calm
- Dim the lights
- Play soft music



COMMON END OF LIFE SYMPTOMS

Food and Fluid

- "Are we staring them?"
- "They don't want to eat or drink, should I force them to eat?"

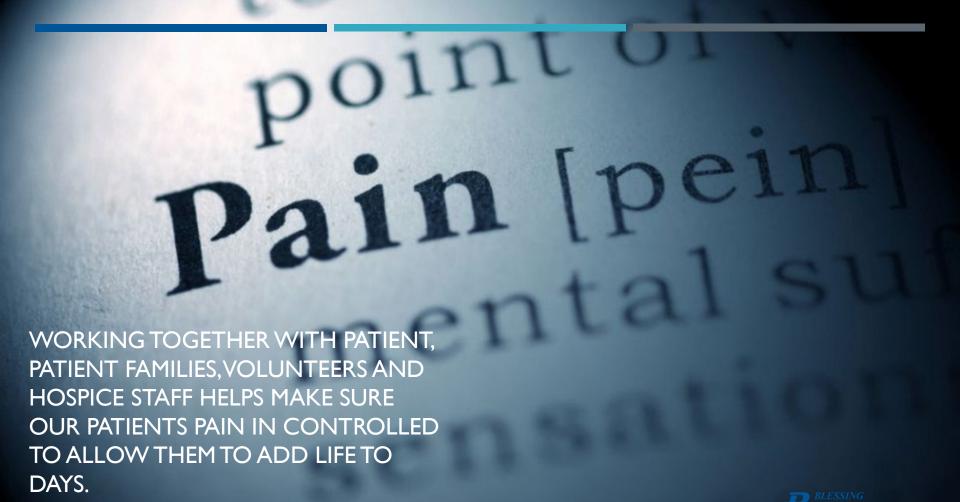
The desire to eat or drink usually decreases- this is a natural response of the body as the body system slows down.

It is normal for the patient to lose interest in food and drink as the illness progresses and it may become difficult to swallow.

How to respond to Food and Fluid Issues

- Always offer drinks or food-Encourage (never force or with hold)
- Ask patient if there is a favorite food or drink that sounds good to them
- Mouth swabs available for dry mouth is a comfort measure
- Help reassure family members and encourage them to talk with nurse





WHAT CAN I DO AS A VOLUNTEER?

Report any of these Symptoms to the Hospice Nurse.

Be supportive to patients and families if they find these symptoms distressing.

Patients may find holding or stroking their hand comforting





LET'S REVIEW SOME CONCEPTS

Pain

Everyone experiences their own level of pain. Believe them when they tell you.

Myths:

Narcotics speed up death. Narcotics research doesn't support this. Narcotics allows the patient to be able to relax. It is everyone's duty to ensure our patients are comfortable.

Pain can be controlled through the following methods

Medication
Message Therapy
Music Therapy
Other relaxation Techniques

Pain Looks different for everyone.

Restlessness

Anxiety

Physical signs: moaning, facial expressions

Notify hospice when you notice a patient is experiencing uncontrolled pain.

REFERENCES

Hospice Patients alliance. Pain control: Methods and Standards of Care. https://www.hospicepatients.org/hospic29.html

Advances in Pain and symptom Management by Russell Portenoy MD Presentation on 3/7/2016



THANKS!

Remember to complete your evaluation!

If you have any questions, please contact Cindy Grawe, Volunteer Coordinator.

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