

## Pain: Annotated Guidelines

| <b>Guideline</b>  |  |   |   |  |
|---|--|---|---|--|
| <i>Guideline</i>  | <i>Overview</i>  | <i>Source</i>   | <i>Address</i>  | <i>Cost</i>  |
| Acute Pain Management in The Elderly                                | User friendly guideline booklet developed from existing pain guidelines and current research. Divided into purpose; definitions related to pain; recommendations for practice (assessment, education, monitoring, pharmacological management, nonpharmacological management, and assessing effectiveness); appendices of tools; references; and contact information. | University of Iowa Research Dissemination Core. Acute Pain Management in The Elderly. 2000.   | <a href="http://www.nursing.uiowa.edu/gnirc">http://www.nursing.uiowa.edu/gnirc</a>   | \$12.50 to cover the cost of photocopying; these materials are copyrighted and permission must be obtained to duplicate: a permission form accompanies the protocols |
| Chronic Pain Management in the LTC Setting                          | The AMDA guidelines provide clinical information for the medical and nursing staff. Provides summary information in table format such as analgesics, assessment forms, side effect management. Good overview of information but does not provide detailed implementation information.  | American Medical Directors Association. Chronic Pain Management in the LTC Setting. 1999      | AMDA<br>10480 Little Pawtuxet Pkwy<br>Suite 760<br>Columbia, MD 21044<br>800.876.2632<br><a href="http://www.amda.com">http://www.amda.com</a>      | \$8.00 for AMDA members;<br>\$12.00 for non-members.<br><br>Set of all AMDA guidelines available on CD ROM for \$50.00 for members;<br>\$70.00 for non-members.      |
| Joint Commission on Accreditation of Health Organizations (JCAHO)   | These guidelines review the standards related to pain, the theory behind the standards and the intent of the standards.  | JCAHO   | <a href="http://www.JCAHO.org">http://www.JCAHO.org</a>   | Free   |
| MDS Educational Program - Accurately Assessing Pain and the MDS 2.0 | Educational program, workbook, and reference guide for long-term care professionals on pain assessment.  | Briggs Corporation. MDS Educational Program - Accurately Assessing Pain and the MDS 2.0.      | Des Moines, IA<br>1-800-247-2343  |  |
| Practice Guidelines for Chronic Pain Management                     | Guidelines appropriate for physician staff not direct care nursing or nursing assistant staff.   | American Society of Anesthesiologists. Practice Guidelines for Chronic Pain Management. 1997. | <a href="http://www.asahq.org">http://www.asahq.org</a>   | Free   |
| The Management of Persistent Pain in Older Persons                  | Provides background information and chapters on assessment; pharmacological and non-pharmacological treatment; healthcare systems and practical application. May be geared more toward physicians than nursing home staff.   | American Geriatrics Society. The Management of Persistent Pain in Older Persons. 2002.        | <a href="http://www.americangeriatrics.org/education/manage_pers_pain.shtml">http://www.americangeriatrics.org/education/manage_pers_pain.shtml</a> | Free - Note that to view the complete guidelines, you must be a registered online member, or pay for a single article purchase.                                      |

*This material was developed by the QIO program for CMS' NHQI and is intended as general information. Any individual using the material must consider the possibility of human error, changes in medical sciences, and the need to use clinical judgement in each specific case.*

| <b>Guideline</b>  |  |  |   |             |
|---|--|--|---|-------------|
| <i>Guideline</i>  | <i>Overview</i>  | <i>Source</i>                              | <i>Address</i>  | <i>Cost</i> |
| Assessment and management of acute pain   | Summary of recommendations for the assessment and management of acute pain are presented in the form of an algorithm with 23 components, and are accompanied by detailed annotations. Clinical highlights and selected annotations (numbered to correspond with the algorithm) follow the algorithms.  | National Guideline Clearinghouse           | <a href="http://www.guidelines.gov/FR/AMESETS/guideline_fs.asp?guideline=002327&amp;sSearch_string=pain">http://www.guidelines.gov/FR/AMESETS/guideline_fs.asp?guideline=002327&amp;sSearch_string=pain</a> | Free        |
| Exercise prescription for older adults with osteoarthritis pain: Consensus practice recommendations | Mounting evidence suggests that exercise may help lessen the effects of osteoarthritis. This document provides the American Geriatrics Society's exercise guidelines for older adults with osteoarthritis pain   | American Geriatrics Society (AGS)          | <a href="http://www.americangeriatrics.org/products/positionpapers/oa_e_guidelines.pdf">http://www.americangeriatrics.org/products/positionpapers/oa_e_guidelines.pdf</a>                                   | Free        |
| Guidelines for pain recognition and assessment in older adults                                      | A document directed to senior pharmacists, aimed at promoting the recognition of pain in older adults, in recognition of the fact that many seniors first contact their pharmacist when they experience pain.  | American Society of Consultant Pharmacists | <a href="http://www.ascp.com/public/pr/guidelines/painrecognition/">http://www.ascp.com/public/pr/guidelines/painrecognition/</a>   | Free        |
| Protocol for pain management in residents with dementia (ADD Protocol)                              | The ADD Protocol aims to help physicians and caregivers: more accurately assess discomfort in people with dementia who can no longer verbally describe pain or emotional discomfort; more accurately and thoroughly treat physical pain or emotional discomfort; and decrease the inappropriate use of psychotropic medication, such as tranquilizers. | Healthlink: Medical College of Wisconsin   | <a href="http://healthlink.mcw.edu/article/967581724.html">http://healthlink.mcw.edu/article/967581724.html</a>   | Free        |

*This material was developed by the QIO program for CMS' NHQI and is intended as general information. Any individual using the material must consider the possibility of human error, changes in medical sciences, and the need to use clinical judgement in each specific case.*