

## **Pain assessment**

- Use patient's own assessment
  - Measure pain scores both at rest and on movement/function
  - Re-assess pain regularly, and before/after administering analgesia
  - Include pain assessment in routine observations
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## **Pain Management Plan — discharge checklist**

- Communicate plan to patient, GP, pharmacist and other health professionals
- List analgesics, and directions on how, when and how long to use
- Include consumer-specific information (e.g. allergies, drug interactions)
- Consider side effects and management (e.g. constipation)
- Include contact details of person for pain problems

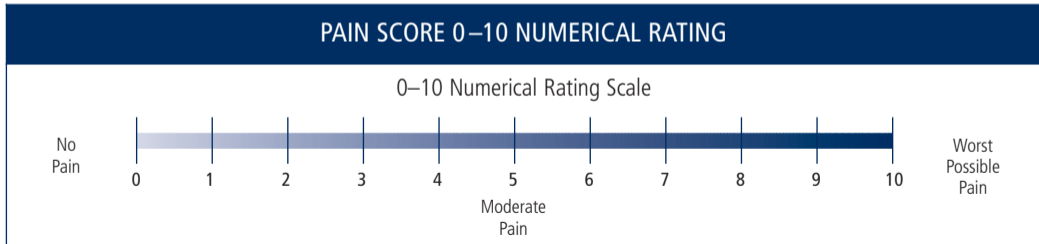
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Visual Analog Scale



**Pain Scales**



Numerical Rating Scale