

Pain: Facility Assessment Checklists

This is a series of self-assessment checklists for nursing home staff to use to assess processes related to pain management in the facility, in order to identify areas that need improvement. You will find the checklists most useful if you need to look at your current practice more critically.

Directions

- These checklists are designed for completion by a director of nursing (DON) or other team leader who knows the facility.
- The person completing the checklist should consult with appropriate staff in answering certain questions.

Use these checklists as the starting point for a quality improvement project guided by the Quality Improvement Worksheets. When answering questions on the checklists, if you are not sure or answer “no” to one of the questions, see the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.

Included

Checklists on the following pain-related topics are included:

- Screening for Pain
- Assessing Pain
- Developing Pain Care Plans
- Monitoring Pain
- Reassessing Pain
- Assessing Pain Management Policies
- Assessing Staff Education and Training

Checklist: Screening for Pain

Does your facility have a process to screen residents for pain?

[A screening assessment is a brief assessment or question that determines if the resident is having any pain. It does not include a thorough assessment (about the pain symptoms or reasons for the pain) that needs to be completed if the resident is found to have pain upon screening.]

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to guide your team in implementing a process for pain screening.

_____ **This is an area we are working on.** Our target date for implementing a process for screening is: _____.

_____ **Yes.** Please continue to the questions below.

Does your facility have a process for screening that addresses all the areas listed below?

	Yes	No	Person Responsible:	Comment:
1. Does your facility have a policy and procedure for when and how the staff will screen residents for pain?	Γ	Γ		
2. Do you routinely ask all residents (using an appropriate tool like the faces scale if necessary) if they have pain at the following times: At admission At readmission At each MDS assessment With each change in condition	Γ Γ Γ Γ	Γ Γ Γ Γ		
3. If pain is identified during screening, does your facility have a process that will lead to a comprehensive assessment?	Γ	Γ		

If any of the above elements in your process for screening for pain are missing:

- Choose *one* element to focus your quality improvement effort on first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility’s process for care, please continue to another checklist.

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Checklist: Assessing Pain

Does your facility complete a comprehensive assessment for pain for residents who are found to have pain upon screening (or, if there is no screening process in place, at another time)?

Note: A comprehensive assessment for pain is often done when someone develops new symptoms of pain or worsening pain that warrants a thorough assessment for this new complaint.

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to guide your team in implementing a process for pain assessment.

_____ **This is an area we are working on.** Our target date for implementing a process for assessment is: _____. If needed, use the Quality Improvement Worksheets to guide your improvement process.

_____ **Yes.** Please continue to the questions below.

Does your comprehensive pain assessment include all of the elements below?

	Yes	No	Person Responsible:	Comment:
1. Does your policy and procedure state that residents should be assessed for pain at the following times: At admission At readmission At each MDS assessment With each change in condition	Γ Γ Γ Γ	Γ Γ Γ Γ		
2. On Admission/Readmission/reassessment of the pain management plan, are the following elements on your assessment? Description of the pain Location of the pain Intensity/severity of the pain using an accepted pain scale Frequency of pain Current pain Pain at its least Pain at its worst Aggravating factors (what makes it worse) Alleviating factors (what makes it better) Effects of the pain on the resident's life (sleep, appetite, physical activity, emotions, mood, nausea) Current treatment Response to current treatment	Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ	Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ Γ		
3. When a comprehensive assessment is done, are all these elements completed and recorded on your assessment form?	Γ	Γ		

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Checklist: Assessing Pain (Cont.)

If any of the above elements in your process for completing comprehensive pain assessments are missing:

- Choose *one* element to focus your quality improvement effort first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility's process for care, please continue to another checklist.

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Checklist: Developing Pain Care Plans

Does your facility have a process for developing and implementing a care plan for pain for residents who have been found to have pain upon screening?

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to guide your team in implementing a process for developing a care plan for pain.

_____ **This is an area we are working on.** Our target date for implementing a process for developing a care plan for pain is:_____. If needed, use the Quality Improvement Worksheets to guide your improvement process.

_____ **Yes.** Please continue to the questions below.

Does the plan of care for pain address all the areas below?

	Yes	No
1. Does the care plan for pain include a pain control goal as defined by the resident/caregiver/family member?	Γ	Γ
2. Does the care plan include education of the resident and family related to these areas of pain management: a. Goal of therapy b. Side effects (e.g., drowsiness) c. Constipation d. Overall treatment plan	Γ Γ Γ Γ	Γ Γ Γ Γ
3. For residents with daily pain, does the plan provide for medication on a regular schedule (e.g., around the clock), not just PRN?	Γ	Γ
4. Does the plan provide for medication use by mouth if at all possible?	Γ	Γ
5. Does the plan provide for using non-pharmacological approaches to pain management (e.g., massage, music, aromatherapy, ice or heat, etc.)?	Γ	Γ
6. Does the plan provide for keeping the resident as mobile as possible?	Γ	Γ
7. Does the plan address positioning and proper movement to minimize the resident's pain?	Γ	Γ
8. Does the plan provide for a regular assessment (e.g., monitoring) of residents' response to pain medications?	Γ	Γ
9. Does the plan outline when the monitoring reassessment of resident's pain will be completed?	Γ	Γ

If any of the above elements in your process for care planning for pain are missing:

- Choose *one* element to focus your quality improvement effort first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility's process for care, please continue to another checklist.

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Checklist: Monitoring Pain

For residents who are being treated for pain, does your facility have a process for monitoring pain on at least a daily basis?

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to guide your team in implementing a process for monitoring pain.

_____ **This is an area we are working on.** Our target date for implementing a process for monitoring pain is:_____. If needed, use the Quality Improvement Worksheets to guide your improvement process.

_____ **Yes.** Please continue to the questions below.

Does your facility’s process for monitoring pain include these components?

	Yes	No	Person Responsible:	Comment:
1. Do you ask residents to rate their pain using a pain scale?	Γ	Γ		
2. Does your facility use an appropriate pain scale to monitor for pain on a daily basis for those with cognitive impairment?	Γ	Γ		
3. Do you use nonverbal cues to monitor for pain?	Γ	Γ		
4. Do you track in the medical record the results of your monitoring?	Γ	Γ		
5. Do you have a policy and procedure for measuring resident satisfaction with pain and it’s management?	Γ	Γ		
6. Do you have a policy and procedure for measuring family satisfaction with pain and it’s management?	Γ	Γ		
7. Do you have a CQI or QA committee that routinely audits pain management process?	Γ	Γ		

If any of the above elements in your process for monitoring pain are missing:

- Choose *one* element to focus your quality improvement effort first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility’s process for care please continue to another checklist.

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Checklist: Reassessing Pain

Does your facility have a process for reassessing a resident’s pain to determine if the resident’s care plan is effective or needs revision?

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to guide your team in implementing a process for reassessing pain.

_____ **This is an area we are working on.** Our target date for implementing a process for reassessing pain is:_____. If needed, use the Quality Improvement Worksheets to guide your improvement process.

_____ **Yes.** Please continue to the questions below.

Does your facility’s process for reassessing a resident’s pain address all the areas below?

	Yes	No	Person Responsible:	Comment:
1. Does your facility have a policy and procedure defining when a comprehensive reassessment of pain will be completed? <i>(A complete reassessment should be performed for any persistent or worsening pain.)</i>	Γ	Γ		
2. Does the reassessment include all the components in the comprehensive assessment?	Γ	Γ		
3. Does your staff follow the policy and procedure for reassessing pain when the resident is complaining of persistent or worsening pain?	Γ	Γ		
4. Is the resident reassessed for pain at regular intervals after being assessed initially as having pain?	Γ	Γ		
5. Do you reassess residents who are taking increasing doses of PRN medication (including those who are also on regularly scheduled medications for pain)?	Γ	Γ		

If any of the above elements in your process for pain reassessment are missing:

- Choose *one* element to focus your quality improvement effort first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility’s process for care, please continue to another checklist.

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Checklist: Assessing Pain Management Policies

Does your facility have a policy for pain assessment and management?

_____ **No.** If no, this is an area for improvement. Use this checklist and current accepted clinical guidelines to create your facility's policy.

_____ **This is an area we are working on.** Our target date for revising our policy is:_____. If needed, use this checklist, current accepted clinical guidelines and the Quality Improvement Worksheets to guide your revision and implementation of your facility's policy.

_____ **Yes.** Please continue to the questions below.

Does your facility's policy for pain assessment and management include the following components?

	Yes	No	Person Responsible:	Comment:
1. Does your facility's policy include a statement regarding your facility's commitment to pain management?	Γ	Γ		†
2. Does your facility's policy include screening, assessment and monitoring of residents for pain?	Γ	Γ		†
3. Does your facility's policy include the goals of the pain assessment and management program such as:	†			†
a. Prompt assessment and diagnosis of pain	Γ	Γ		†
b. Specification of appropriate pain scale tools for both cognitively intact and cognitively impaired residents	†	†		†
c. Steps to be taken in order to monitor treatment effectiveness	Γ	Γ		†
d. Pain treatment techniques based on clinically-accepted guidelines	†	†		†
e. Improving the resident's well being by increasing comfort and reducing depression and anxiety	Γ	Γ		†
f. Optimize the resident's ability to perform ADLs and participate in activities	Γ	Γ		
g. Monitoring for side effects related to the use of pain medication (i.e. constipation, nausea, vomiting, sedation, respiratory depression)	Γ	Γ		
4. Does your facility's policy address who, how and when pain management program effectiveness should be monitored and evaluated?	Γ	Γ		†

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Checklist: Assessing Pain Management Policies (Cont.)

	Yes	No	Person Responsible:	Comment:
5. Does your facility's policy address a protocol for ongoing monitoring of pain?	Γ	Γ		
6. Does your facility's policy address a protocol for communication of reporting of pain to the designated MDS personnel to ensure correct coding?	Γ	Γ		†

If any of the above elements in your policy for pain screening and management are missing:

Choose *one* element to focus your quality improvement effort on first.

- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

If none of the above elements are missing from your facility's policy, please continue to another checklist.

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Checklist: Assessing Staff Education and Training

Does your facility have initial and ongoing education on pain assessment and management for both nursing and non-nursing staff?

_____ **No.** If no, this is an area for improvement. Use this checklist and the Quality Improvement Worksheets to improve your processes and or staff education on pain assessment and management.

_____ **This is an area we are working on.** Our target date for implementing an education program on pain assessment and management is: _____. If needed, use this checklist, current accepted clinical guidelines and the Quality Improvement Worksheets to guide your facility’s education program.

_____ **Yes.** Please continue to the questions below.

Does your facility’s education program for pain assessment and management include the following components?

	Yes	No	Person Responsible	Comments
1. Are all new staff oriented in pain screening, assessment and management?	†			†
2. Are current staff provided with ongoing education on the principles of pain management?	†			†
3. Does education staff provide discipline-specific education for pain assessment and management (ex. Activities, Dietary, Rehab, Social Services, etc.)?	†			†
4. Is there a designated clinical “expert” available at the facility to answer questions from all staff about pain assessment and management?	†			†
5. Does education take into consideration the personal, ethnic, cultural and religious beliefs surrounding pain management?	†			†
6. Is the education provided at the appropriate level for the learner (i.e. CNA vs. RN)?	†			†
7. Does the education include staff training on documentation methods related to pain (i.e. location, duration, intensity, frequency, aggravating/alleviating factors, pain scales)?	†			†
8. Does your facility’s education program include resident education on pain and its management?	†			†
9. Does your facility’s education program include resident education on pain and it’s management?	†			†

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Checklist: Assessing Staff Education and Training (Cont.)

If any of the preceding elements in your facility's education and training program for pain assessment and management are missing:

- Choose *one* element to focus your quality improvement effort on first.
- Start with the Quality Improvement Worksheet A: Identifying Areas for Improvement to collect data to investigate further.
- Follow the Quality Improvement Worksheets to implement missing element(s) and monitor regularly to determine whether implementation is successful.

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