

## PAIN

Pain is one of the most common symptoms for patients in hospice care

There are different 'types of pain' (nerve, body) - describe how the pain feels to the Hospice Team. It will help with choosing the best medication to use.

### 1

**The goal of hospice is to minimize suffering and maximize comfort at the end of life. Control of pain is very important in achieving this goal.**

### 2

It is important to know that pain can arise from physical causes, but also be the result of emotional, spiritual, and existential distress.

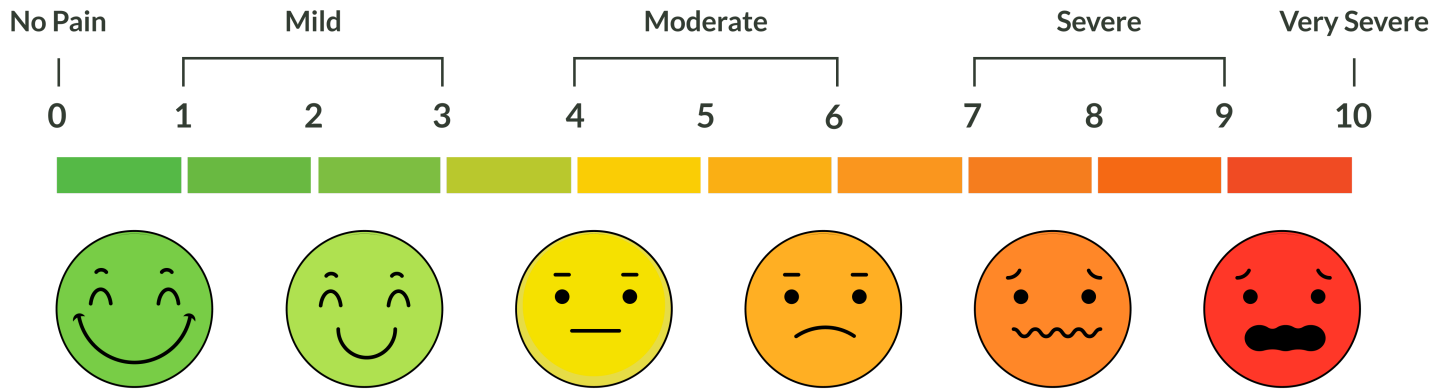
### 3

Pain is often divided into three tiers. The Hospice Team may ask you to rate the pain on this scale to help determine the most appropriate medication and dose.

- > Mild-moderate, pain on scale of 1-5 out of 10
- > Moderate-severe, pain of 6-8 out of 10
- > Severe, pain greater than 8
- > How to evaluate pain for patients with advanced **Dementia** - [Take this Quiz](#)

## Pain Scale

**Use this pain scale as a guide to assessing the severity of pain. However, the most important measure is to ask and listen!**



## Treatments by Pain Severity

1

### > Mild-moderate

- > Tylenol (Acetaminophen), NSAIDs (Advil, Ibuprofen, Naprosyn, Aleve)
- > Lidocaine patch if localized area
- > 'Weaker' Opioids for moderate pain- Hydrocodone, Codeine, Tramadol (Ultram)

[Click Here](#)

2

### > Moderate-severe

- > Opioids - Morphine (MS Contin, other brand names), Oxycontin, Fentanyl Patches, Methadone
- > Gabapentin (Neurontin)

[Click Here](#)

3

## › **Severe**

- › Contact Hospice Team to help with proper dosing and timing of medications

## **Other things to try**

- › Anxiety medications - Lorazepam ( [Click Here](#) )
- › Relaxation techniques - quiet room, soft lighting, music, meditation
- › Discuss whether visitors/company is helping or making things worse
- › Be open to discussing emotional and spiritual issues
- › Hospice has social workers and chaplains trained to discuss difficult topics. Use them!