

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.

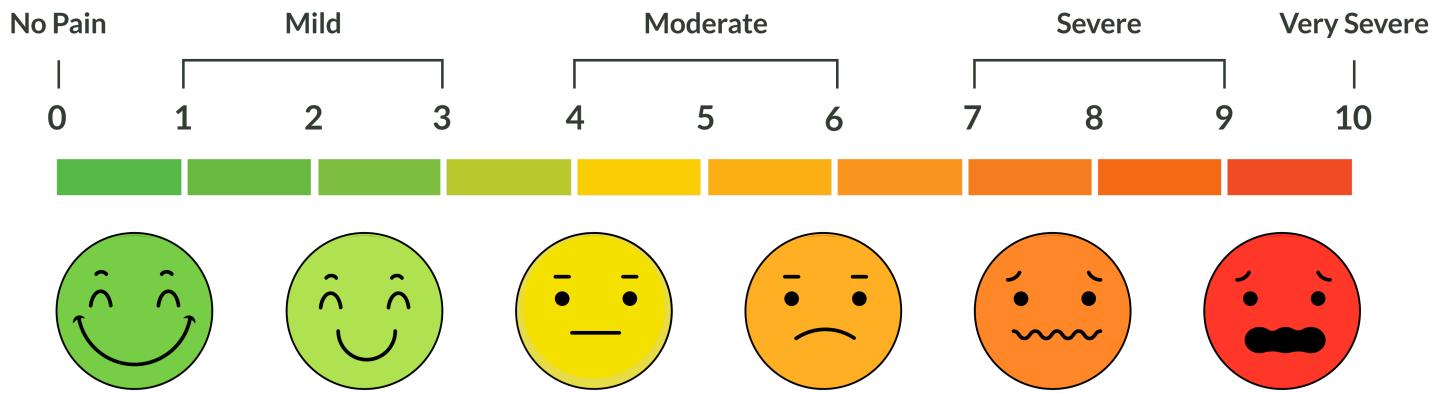
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Pain is often divided into three tiers. The Hospice Team may ask you to rate the pain on this scale to help determine the most appropriate medication and dose.

- 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 Contain, 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!