



Appendix H – Abbey Pain Scale

Pain Assessment using the Abbey Pain Scale

Elsie Rolls, Director, Veterans' Services
Camp Hill Veterans Memorial Building
Capital Health
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Pain Assessment



Photograph: ulrichkarljohe

- What is the Abbey Pain Scale
- Why are we using it at Camp Hill in Veterans Services?



Veterans' Services Story

- Results of satisfaction survey
- Length of stay information
- Percentage of Veterans living with dementia
- Accreditation recommendation
- Pain baseline data collection





Physical Pain in the Elderly

As many as 83% of residents experience pain at least some of the time.

Treatment of pain is lower amongst residents with cognitive impairment.

Spiritual pain can increase symptoms of physical pain and vice versa




Photograph: dachshund

References: Miller, L.J., 2002; Fink, K.S., 1998; Ramage-Morin, P.L., 2008; Volker, L., 2002; Warden, V., 2003; Makony, S.L., 2005; Zwakhalen, S.M., 2006; Tuck, H., 2003; Teno, J.M., 2003; Warden, V., 2003; Karmel, H.K., 2001; McCaffery, M., 1999; Brazil, K., 2006; Health Canada; Millspaugh, D., 2005; Jackson, L., 2004; Canadian Hospice Palliative Care Association



Baseline Information Gathered


- 98% of the 49 residents reviewed had a diagnosis that could cause pain
- Average - 2.63 diagnoses that could cause pain, e.g. arthritis, wounds or skin breakdown, congestive heart failure, chronic obstructive pulmonary disease, osteoporosis, paralysis, diabetes, gum disease, joint replacements, etc.

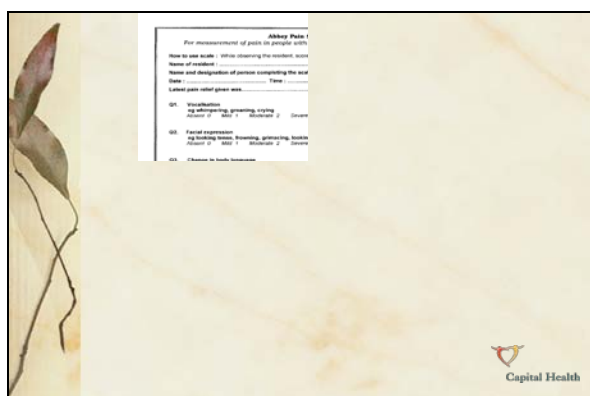
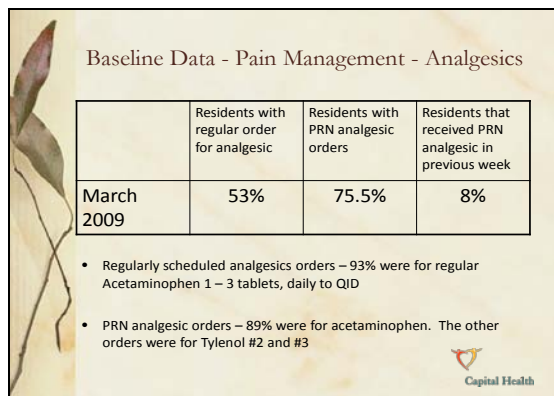


Baseline Pain Assessment - MDS


	Pain Frequency			Pain Intensity		
	No pain	Less than daily	Daily pain	Mild pain	Moderate pain	Horrible, excruciating pain
March 2009	57%	29%	14%	62%	28.5%	9.5%

NOTE: Pain intensity applies only to the 43% that were noted as having pain.





Interpretation and Plan

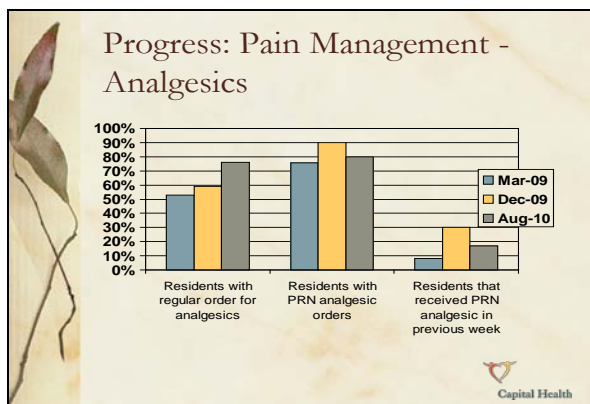


Abbey Pain Scale – Score 3 – 7 Mild pain

- Consider non-pharmacological approaches
- Repeat the PRN as necessary.
- Consider around the clock dosing of the current PRN medication if pain is deemed to be chronic in nature by the physician.
- If after 24 hours of monitoring pain continues, communicate with the Interdisciplinary Team and the physician and consider additional interventions for pain management.

Abbey Pain Scale – Score 8 and above – Moderate to severe pain


- Initiate the Pain Management Flow Record, advise the physician and other members of the interdisciplinary team. Consider revising medication regime.
- Consult the Palliative Care Coordinator and any other members of the interdisciplinary team who need to complete assessments on the Veteran.
- The Interdisciplinary Team reviews and revises the plan of care as required.



“To cure sometimes, to relieve often, to comfort always”

Author Unknown

Thank you



Photograph: ulrichkarljo

