

To All SNF staff:

JCAHO now considers Pain to be the 5th vital sign that we all need to assess with our patients and document any complaints whether verbal or non verbal in our documentation. They also want to be sure we are competencied in Pain management. Therefore we need all staff to complete the attached quiz on pain management.

Thank you.

CPT Pain Management Competency  
SNF

Name/Title: \_\_\_\_\_ Date: \_\_\_\_\_

A. Circle all possible consequences of chronic pain:

- |  |                              |
|--|------------------------------|
| 1. impaired mobility                   | 2. Impaired mental status    |
| 3. depression or anxiety               | 4. Declining quality of life |
| 5. increased dependence on medications | 6. Declining activity levels |

B. If your pt is experiencing an increase in pain, circle the steps you would take to address it:

1. discuss the nature of the pain with the patient
2. ask the patient to grade the pain using the Borg pain scale
3. find out from the patient what works to decrease the pain
4. find out from the patient what does not work to decrease the pain
5. discuss other treatment options with the patient
6. document the pain complaint in your progress report using the patients own words
7. document in your progress report what is being done to address the pain
8. Report the pain to nursing and document that communication in the progress report

C. True or False:

T F JCAHO now considers pain to be the "fifth vital sign". Any pain issues must be recorded in the therapy progress note.

T F Smiling Faces should be used when assessing pain in patients with communication issues

D. Differentiate between acute and chronic pain by putting an "A" before acute-care statements and a "C" before chronic pain statements. Statements can have both A and C if appropriate.

- \_\_\_\_\_ New Pain with sudden onset
- \_\_\_\_\_ Pain which has lasted several months
- \_\_\_\_\_ Pain which has restricted mobility
- \_\_\_\_\_ Pt has a grimacing look during treatment
- \_\_\_\_\_ Pain which has caused immobilization of a limb
- \_\_\_\_\_ Pain that occurs occasionally after exercise

E. Fill in the blanks below:

The Borg Pain Scale rates the patient's perception of their pain using a 0 to 10 numerical scale:

0 = \_\_\_\_\_ 10 = \_\_\_\_\_