

# Pain and Dementia: A Challenge You Can Meet!

## Audio Recording Order Form \* Handouts Included!

This audio presentation addresses problems and challenges of assessing and treating pain in older persons with dementia including discussion of prevalence of pain and dementia in older adult, undertreatment of pain in persons with dementia, consequence of undertreated pain, pain conditions common in older adults, misbeliefs about pain in dementia, aging changes impacting pain recognition, impact of dementia on experience of pain, and challenges to pain assessment; strategies for assessing pain in persons who are unable to self-report due to confusion or sensory impairment will be addressed including key elements of comprehensive pain assessment, a hierarchy approach to pain identification and assessment in persons unable to self-report, and a plan for institutionalizing assessment, including documentation strategies. Finally, pharmacological and non-pharmacological intervention approaches for pain management in persons with dementia are discussed including challenges to pain treatment in dementia, overview of pain treatment options, interdisciplinary approach to treatment plan, nondrug interventions appropriate for persons with dementia, use of a pain management toolkit, analgesic intervention options tailored to problem, considerations for treatment based on risk/benefit, prevention and management of adverse effects of analgesic treatment, and importance of reassessment. Available evidence-based guidelines and web-resources will be shared.

### Covered in the presentation are:

- ▶ The problems and challenges of assessing and treating pain in older persons with dementia
- ▶ The challenges associated with pain recognition and assessment in persons with dementia and recommended best practices
- ▶ The pharmacological and non-pharmacological intervention approaches for pain management in persons with dementia
- ▶ Identifying evidence-based resources available to support assessment and management of pain in older persons with dementia

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