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Special considerations in persistent pain management in the elderly

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Persistent pain is a devastating complication among the elderly population that is often difficult to manage, is mismanaged, or not managed at all. This may increase the risk of immobility, falls, and other complications in the elderly. Documentation of pain assessment is required by the joint commission. The patient's self-report of pain is considered the gold standard of pain assessment. The most commonly used pain assessment tools in any health care setting are the numeric rating scale and the visual analog scale. Opioid-induced constipation affects 40-86% of the elderly and may be identified through the use of the ROME III diagnostic criteria. A bowel regimen is recommended for elderly patient who take opioids beginning first with non-pharmacological interventions and moving on to pharmacological interventions as necessary. Based on the high prevalence of pain experienced by the elderly and the expected demographic shifts in the elderly population in the next two decades, it is imperative to continue efforts to implement evidence-based guidelines on persistent pain management in order to assure the highest quality of life for the elderly experiencing pain. The purpose of this study is to assess persistent pain in elderly patients using pain assessment tools and ensure adequate bowel function if patients are on opioids. The interventions for this research project are education on the assessment of pain and bowel function as well as treatment for opioid-induced constipation with a bowel regimen.

Biography

Monica Culver hails from Michigan and has a background with the adult-geriatric population in medical-neuro intensive care. She has completed her Doctor of Nursing Practice degree in Adult-Gerontology Acute Care. She is enthusiastic and dedicated in her pursuit to continue to provide optimum patient care as she progresses into her role as an Advanced Practice Nurse. She will continue to promote evidence-based pain management practices in the adult-geriatric population as a pain management specialist.

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Rattan Nagi brings her eight years of nursing experience with adult-geriatrics population. Her dedication, work ethics, thorough analysis of the problem and passion toward her patients inspired her to pursue the Doctor of Nursing Practice (DNP) degree. She is determined to provide quality comprehensive and holistic care with consultation and collaboration with other healthcare professionals. Her goal is not only to provide healthcare but also to empower her patients to take control of their own health

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