

9. PAIN MANAGEMENT

People should notice when you are in pain.

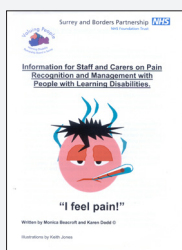


This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

People with learning disabilities DO NOT have a higher pain threshold than other people.

Monica Beacroft and Dr.Karen Dodd have written two booklets to help people to manage pain.



There is a booklet for staff and carers and an Easy Read booklet for people with learning disabilities.

For information contact Dr.Karen Dodd

Email: DrKaren.dodd@sabp.nhs.uk

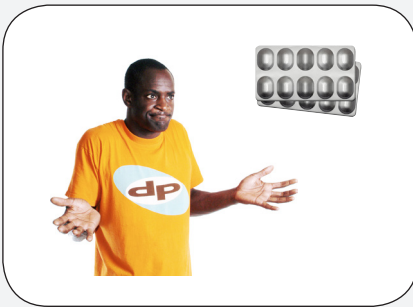
Phone: 01372 205767



THINGS TO CHECK

1

Are there things that stop you getting the pain relief you need?



Some people's supporters are not sure if they can give them pain relief tablets.

Supporters need to know about people's allergies to medicines and what pain relief has been given and the times it was given.

People should never be given more than the recommended dose.



Unless they have allergies people should be given pain relief like paracetamol, linctus and indigestion tablets when needed.

People sometimes suffer pain when they shouldn't have to. Their supporters medicine policies should be up to date.



To keep people safe, records should be made and shared about pain medicines.

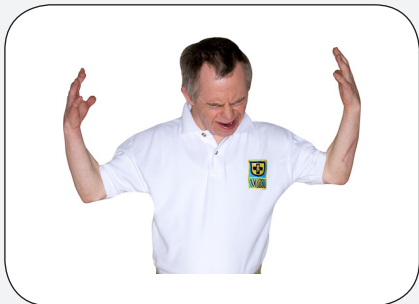
As a supporter if you are unsure whether a person is in pain it is better to assume they are rather than ignore it.

2

Do your supporters have difficulty noticing when you are in pain?



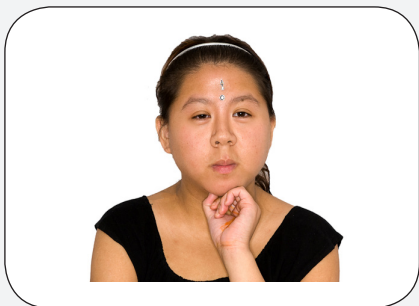
People react to pain in different ways:



Some people may become louder and more active.



Some people may become quiet and withdrawn.



Some people may not seem to be in pain.

Most people with learning disabilities will not ask for pain relief.



It is important your supporters learn to notice when you are in pain.

THINGS TO CHECK

Some people with learning disabilities may not be able to tell you that they are in pain.

They may show they are in pain by changes in their behaviour or their facial expressions.



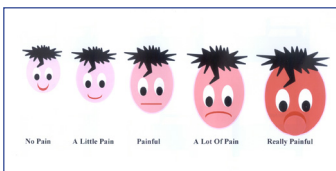
Useful tips for supporters to recognise pain:



Use a thermometer to see if people have a temperature.



Monitor and record possible incidents of pain to detect a pattern.

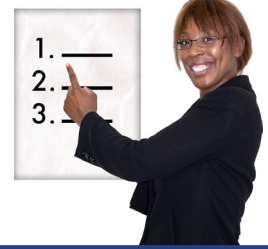


Use pictures to help people communicate.

The Pain Booklets mentioned on page 1 have essential information about recognised scales to help identify distress.

THINGS TO CHECK

3 Do you need more choice of things to help manage your pain?



These things can be helpful:



Massage



Heat treatment



A quiet place

4 Do you suffer serious pain, or pain that lasts more than 48 hours?



If you answer yes to question 4 you should go to see your doctor.

There are four important things to tell your doctor:

- Where the pain is.
- How long you have had the pain.
- How severe the pain is.
- What type of pain it is.



Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'pain and discomfort' and 'painkillers' designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

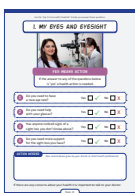


- There are 20 other checklists in the series covering a wide range of health issues.

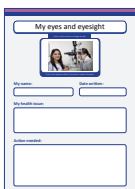
There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.


Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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