

“The Pain Killers” Create Informational Pamphlet for Resident’s and Families

By Lacey Sheng, MHA

As many of you know, the Perley Rideau has partnered with the Registered Nurses Association of Ontario (RNAO) to become a Best Practice Spotlight Organization (BPSO). One of the Best Practice Guidelines (BPG) that the Perley Rideau has committed to implement is “Assessment and Management of Pain”. This work lies with the Pain Quality Improvement Team, a.k.a. “The Pain Killers”. Over the last year, this team has been actively working on various initiatives to improve the internal processes for assessing and managing pain, based on evidenced-based practice recommendations.

One of the guideline recommendations that The Pain Killers are focusing on states: “Teach the person, their family and caregivers about the pain management strategies in their plan of care and address known concerns and misbeliefs. A comprehensive pain management usually contains both medication and individualized non-pharmacological interventions, such as therapy and recreational activities” (RNAO, 2013).

To meet this recommendation, The Pain Killers have developed an informational pamphlet targeting residents and their families in order to increase their understanding of pain. The pamphlet aims to debunk some of the common myths about pain. For example, it is commonly thought that side effects of pain medications are inevitable and cannot be managed. In reality, choosing pain management medications wisely and through close monitoring of its use by unit staff, pain medications’ side effect can be effectively managed.

The pamphlet also guides families on how to recognize pain through observing non-verbal signs and symptoms of pain in their loved ones, especially if they have dementia. Our beloved resident, Mr. McElroy, used his great performing skills to demonstrate these signs: such as grimacing.

Lastly, the pamphlet lays out the components of the pain management programs at the Perley Rideau. In this section, another one of our residents has shared his story on pain management, demonstrating how non-pharmacological interventions have benefited his experience of pain.



Team picture: First row: Mr. McElroy (Resident). Second row from left to right: Doris Jenkins, (Director of Nursing Operations), Monica Bourque (Occupational Therapist), Stephanie Deschamps (Recreation Programmer), Kim Major (PSW Supervisor), Heather Moxley (Family Advisor), Ursula Lamoureux (Program Manager : Ottawa Building), Lacey Sheng (Performance Improvement Consultant). Missing: Samantha Hallgren (Psychogeriatric Resource Nurse)

The interdisciplinary team behind this pamphlet has contributed a lot of their time and passion to this project. The Pain Killers were honoured to have had a family advisor as part of the team who brought a family-centered perspective to the project. As one of the targeted audience members of this pamphlet, her insights contributed to the understandability of the pamphlet. Through the creation of this pamphlet, the team has seen some wonderful results and developed a deeper bond with each other.

Starting this month, the pamphlets will be located at the Communications’ Substation on all units. The Pain Killers welcome everyone to take a look at them.

A special thank you to the awesome Pain Killers!

If you have any questions regarding this pamphlet or about pain management programs at the Perley Rideau, please feel free to contact the team leaders:

Ursula Lamoureux, RN, GNC (C)
Program Manager: Ottawa Building – Ext 2119

Lacey Sheng, MHA
Performance Improvement Consultant – Ext: 2205