

Chronic pain

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Chronic pain</p> <p>Related factors:</p> <ul style="list-style-type: none"> Altered ability to maintain ADL Cancer(advanced) Chronic physical/psychosocial disability <p>Symptoms / Risk factors:</p> <ul style="list-style-type: none"> Altered ability to continue previous activities Anorexia Atrophy of involved muscle group Changes in sleep pattern Fatigue Fear of reinjury Reduced interaction with people Sympathetic mediated responses (e.g., temperature, cold, cha Verbal or coded report or observed evidence of protective be Weight changes <p>Outcome / Goal:</p> <ul style="list-style-type: none"> Report pain is relieved or controlled. Verbalize methods that provide relief. 		<p>Pain Management</p> <ul style="list-style-type: none"> Administer pain medication as prescribet Asses cause of pain: location, character and duration Assess for lifestyle effects of pain Change the patient's position Consider patient-controlled analgesia (PCA) for pain control. Decrease external stimuli : visitors,noise etc Encourage ambulation and independence as tolerated Encourage client to report pain Establish pain management plan with client, family, and healthcare providers Instruct patient to relax and rest while occurrence of pain Maintain comfortable environmental temperature Note factors that aggravate and relieve pain Obs vital signs_____ Provide back rub or massage. Avoid the operative site Provide diversional activities, such as reading and watching Television Provide quiet diversional activities, such as listening to a radio or audio book Review factors that aggravate or alleviate pain. 	