

Synopsis

Under-treatment of chronic pain can be devastating, both physically and mentally. Studies have suggested that 25 to 50% of community-dwelling seniors suffer important pain problems.¹ It has been estimated that 45 to 80% of nursing home residents have substantial pain that is under-treated.² These regional conferences will provide information, tools and techniques to empower direct care staff to recognize and treat pain effectively in the geriatric individual.

Conference Goals

- To enhance communication skills between the geriatric individual, staff, physicians and families regarding screening, assessing and understanding of pain management.
- To provide a multidisciplinary approach to pain management.
- To provide a variety of treatment options to include both pharmacological and non-pharmacological options.
- To provide resources and tools for use in recognition, screening and assessment of pain.
- To share successes, barriers and lessons learned in implementing pain management programs in the nursing home and home health environments.

Objectives

At the conclusion of this conference, each participant should be able to:

- Differentiate between chronic and acute pain.
- Provide a concise description of pain within individual scopes of practice.
- Screen, assess and effectively identify pain in the geriatric individual.
- Explain the WILDA approach to pain assessment.
- Screen for pain in the alert and cognitively impaired individual.
- Recognize appropriate alternative therapies for pain management.
- Recognize key characteristics of pain sources as well as appropriate treatment regimens.
- Apply learned pain management techniques in their work environment.

Planning Group

Diane Atchinson, RN-CS, MSN, ANP; Linda Gray, MS, Galichia Center on Aging at Kansas State University; Phyllis Kelly, PhD, Kansas Adult Care Executives; Debra Zehr, RN, MA, and Dana Barton, ACHA, Kansas Association of Homes and Services for the Aging; Kay Jenista, RN, MSN, Kansas Department of Health and Environment; Bill McDaniel, Pat Maben, RN, MN, and Joyce Smith, Kansas Department on Aging; Judy Bagby, RN, BSN, LNHA, and Nancy Pierce, Kansas Health Care Association; Linda Lubensky, Kansas Home Care Association; Deborah Stern, JD, RN, Kansas Hospital Association; Carolyn Bloom, PT, Kansas Physical Therapy Association; Donna Bales and Robert Twillman, PhD, LIFE Project; Pat Hurley, RN Long Term Care Ombudsman Office.

KFMC Staff

Joan Bay, Connie Graham, Sandy Hilburn, Susie Juozitis, Katie Kays, Kim Lawton, Mapu Lemanua, Sam Markello, Jackie Rose, Vanessa Smith, Dana Thompson, Jeff Wheeler, Lisa Williams.

Agenda

8:00 - 9:00 am	REGISTRATION	
9:00 - 9:15 am	Introduction	Dr. Jeff Wheeler
9:15 - 9:45 am	Pain Dramatization	Carole Hull
9:45 - 10:30 am	Pain Overview Assessment Part I <ul style="list-style-type: none">• Acute/Chronic Pain• Full Spectrum of Pain• Pain Assessment (WILDA) & Common Pain Symptoms• Impact of Pain	Melanie Simpson &/or Bob Twillman
10:30 - 10:45 am	Break	
10:45 - 12:00 pm	Pain Overview Assessment Part II <ul style="list-style-type: none">• Palliative Care• Dementia/Cognitive Issues• Legal and Non English Issues	Melanie Simpson &/or Bob Twillman
12:00 - 1:00 pm	Lunch	
1:00 - 2:00 pm	Pain Treatment Overview <ul style="list-style-type: none">• Aggressive Pain Management• Medical/Non Medical Treatment• Alternate Treatment Options• Pharmacological Agents• Pain Management Exercises• Hospice• Bowel Regimen• Therapy	Emporia State University & KPTA Faculty
2:00 - 2:15 pm	Break	
2:15 - 3:30 pm	Interdisciplinary Person Directed Pain Management <ul style="list-style-type: none">• Home Health and Nursing Home Team Presentations• Case Study	
3:30 - 4:00 pm	Pain Dramatization	Carole Hull

Target Audience

Home Care Field Staff and Administrators, Nursing Home Resident Care Staff, and Hospice Staff.

Dates & Locations

Salina, November 3
Rolling Hills Wildlife Refuge CC
625 N. Hedville Rd
Salina, KS

Registration Deadline, October 27

Hays, November 4
Fort Hays State University
600 Park College Dr
Hays, KS

Registration Deadline, October 28

Dodge City, November 5
Dodge House Convention Center
2408 Wyatt Earp
Dodge City, KS

Registration Deadline: October 29

Lawrence, November 10
Lawrence Holiday Inn & Conference Center
200 McDonald Dr
Lawrence, KS

Registration Deadline: November 3

Manhattan, November 11
Holiday Inn Manhattan
530 Richards Dr
Manhattan, KS

Registration Deadline: November 4

Wichita, November 12
Holiday Inn Select
549 S. Rock Rd
Wichita, KS

Registration Deadline: November 5

Chanute, November 17
VFW Hall
1654 W. Main
Chanute, KS

Registration Deadline: November 10

Faculty

A Home Health Representative, Nursing Home Team and Representative from KPTA will present at each conference.

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Conferences in Partnership With

Kansas Adult Care Executives
Kansas Association of Homes and Services for the Aging
Kansas Department of Health and Environment
Kansas Department on Aging
Kansas Health Care Association
Kansas Home Care Association
Kansas Hospital Association
Kansas Physical Therapy Association
LIFE Project
Long Term Care Ombudsman Office

Continuing Education Recognition

Kansas Foundation for Medical Care, Inc. is approved as a provider of continuing education by the Kansas State Board of Nursing. This course offering is approved for **6.6 contact hours** applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing **Provider Number: SP0786-0905**.

This program has been approved by KDHE Health Occupations Credentialing for **5.0 continuing education hours** in Resident Care, Core of Knowledge Subject Areas 4, 5, 6, & 7.

Kansas Physical Therapy Association (KPTA) has approved this program for **5.5 hours. Approval Number: 031170SZ-181**.

1 Crook J, Rideout E, Browne G. The prevalence of pain complaints in a general population. Pain 1984; 18:299-314.
2 Ferrell BA, Ferrell BR, Osterweil D. Pain in the nursing home. J Am Geriatr Soc 1990;38:409-414.

The analyses upon which this publication is based were performed under Contract Number 500-02-KS01, titled "Seventh Scope Quality Improvement Organization Contract for the period August 1, 2002, through July 31, 2005," awarded under Title XI of the Social Security Act by the Centers for Medicare & Medicaid Services (CMS), Department of Health and Human Services. The content of this publication does not necessarily reflect the view or positions of CMS. Publication #7SOW-KS-NHHH-03-02