

## CHS164 Manage pain relief for an individual

### OVERVIEW

This standard is about the provision of appropriate and timely measures to relieve pain for individuals within relevant protocols and procedures. This may include medication, positioning, massage, application of external aids, appropriate therapy or a multi-dimensional approach. The management of pain is addressed as an individual need, taking account of the many personal and health factors that may contribute to personal pain thresholds and the methods required to provide relief or to assist individuals with self-management of pain. This standard is applicable to a wide range of health contexts and roles in emergency, primary and secondary care. It may include patients in conscious or unconscious states. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. Your own level of competence, authority and knowledge in relation to providing pain relief
2. The importance and relevance of checking the individual's identity for the prescription for medication
3. The importance of gaining valid consent from individuals or from others where individual's lack capacity to do so
4. The likely symptoms, signs and causes of pain within the range of conditions or contexts in which you work
5. How to manage the privacy and dignity of individuals in both conscious and unconscious states
6. Methods and techniques for reassuring and explaining pain relief measures to an individual who is experiencing pain
7. How to evaluate pain levels using appropriate assessment tools
8. The types, methods and modes of delivery of pain relief within your sphere of competence and their application
9. How to determine and confirm the compatibility of different types of pain relief measures
10. The importance of checking and confirming dosage, method or mode of medicated pain relief and the implications of not doing so
11. The importance of maintaining accurate and timely records of administration of pain relief and the implications of not doing so
12. The importance of communicating with individuals and relevant carers in a manner

that is consistent with their level of understanding, culture, background and preferred ways of communicating

13. The factors that affect an individual's experience of pain and pain thresholds, including physical, psychological, social, socio-economic, cultural, ethnic and other influences
14. Signs and symptoms of reactions to pain relief agents or actions and the appropriate action to be taken
15. How and from whom to seek additional support and advice and when action needs to be taken in the event that unforeseen or unexpected reactions occurs
16. Contra-indications to the delivery of each type and method of pain relief within your level of competence and authority, including those relating to culture, religion and ethnicity
17. The risks associated with administration of different types of pain relief and how to assess these
18. The importance of infection control and management within the clinical context
19. The importance of applying standard precautions and the potential consequences of poor practice
20. How to recognise faults or malfunctioning of relevant devices used for the delivery of pain relief
21. The importance of safe decontamination or disposal of used medical equipment, devices and resources in accordance with national and local policies and manufacturers' instructions
22. The current European and National legislation, national guidelines, organisational policies and protocols in accordance with Clinical Governance which affect your work practice in relation to managing pain relief
23. Your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and Clinical Governance

## PERFORMANCE CRITERIA

You must be able to do the following:

1. work within your level of competence, responsibility and accountability and respond in a timely manner to meet individual's needs
2. check identity of individual and check valid consent for pain management has been obtained
3. evaluate the level of pain and discomfort the individual is experiencing using appropriate pain assessment tools
4. seek advice from an appropriate clinician or specialist where decisions for pain management actions are outside of your level of competence or authority
5. review the individual's records and, prescription for medication and for any special instructions concerning the delivery of pain-relief measures, details of last administration and dosage of relevant medication
6. confirm the route of administration, dosage and expiry date of any prescribed medication and that appropriate delivery devices are correctly positioned and fully functioning for delivery at the correct rate in accordance with clinical governance

7. where a medical device is used for pain relief, ensure it is functioning within required parameters prior to use and its suitability for use for the individual
8. provide appropriate pain relief in line with relevant protocols and procedures, ensuring effective infection control at all times
9. where pain relief is provided invasively, evaluate the entry site and surrounding skin condition for any abnormal appearance and treat appropriately
10. take account of all factors, including identified allergies or other contra-indications which may influence the mode, method or dosage of pain relief than can be provided
11. reassure and support the individual and relevant carers throughout the pain relief process ensuring respect for the individual's rights, dignity and privacy at all times
12. monitor the individual to check that action taken has provided suitable pain relief for the individual and that they are showing no signs of distress or unexpected reaction
13. respond immediately to any signs of adverse reaction or significant change in the individual's physiological parameters
14. record all information accurately, in the correct format and ensure you maintain the confidentiality of information in accordance with information governance

## **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments