

Long-Term Care Survey Alert

Look for Pain's Indirect Effects to Identify People Who Need Better Assessment or Rx

Pain can cause increasing cognitive impairment.

Pain can be pervasive and show up in a number of signs that staff might not initially relate to a resident's discomfort. These include the following, according to **Christie Teigland, PhD**, in a presentation at the recent American Association of Homes & Services for the Aging annual meeting.

- Sleep disturbance, e.g., people waking up at night;
- Malnutrition. People with pain tend to lose weight, Teigland noted.
- Decline in social and recreational activities;
- Physical function decline;
- Depression and anxiety;
- Increased levels of cognitive impairment;
- Behavioral symptoms, especially those affecting others. A patient in pain may lash out at a caregiver, Teigland noted.