

Long-Term Care Survey Alert

Tool: Make Screening for Pain as Easy as ABCDE

The Centers for Medicare & Medicaid Services (CMS) recently released this tool to help manage residents' end-of-life care needs, but the tool can be used to help screen for pain at any stage in life, pain experts say.

To put it to use, keep this ABCDE mnemonic in mind:

- A. Ask** the resident or his or her legal representative about (and screen for) pain and other symptoms on admission and periodically thereafter. Assess regularly and systematically for symptoms and their impact on the resident.
- B. Believe** the resident's report of pain or other symptoms, what precipitates it or makes it worse, and what relieves it.
- C. Choose** symptom control options that are appropriate for the resident.
- D. Deliver** interventions in a timely, logical, and coordinated manner.
- E. Empower** the resident to participate in defining the goals of treatment and planning interventions to the extent possible. Evaluate the effectiveness of chosen interventions