

# **INSTRUCTOR'S MANUAL**

## **INTRODUCTION**

### **The Direct Care Worker's Role in Identifying and Addressing Pain in Older Adults**

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The content was developed by Linda Redford, R.N., Ph.D. in collaboration with Aging Services of California and the LeadingAge Center for Applied Research. The staff of four nursing homes in California graciously offered their time for focus groups to assist in shaping the content of these modules. Three of the nursing homes also participated in pilot tests of the curriculum and offered insights to make the curriculum most relevant to their needs.

## INTRODUCTION

This teaching package is designed for use by long-term care employers for the education of Certified Nursing Assistants, but may also be helpful in the orientation of other licensed and unlicensed staff. The package is comprised of two modules that take from one to two hours each to complete. The time for each module will depend on the number of staff in the training and the teaching methodologies adopted.

The package is developed to provide you with maximum flexibility to meet your particular training style and organizational needs. Power Point slides are provided for each presentation. The Instructor Manual and Participant Manual are available in both a Word and PDF format that can be printed for your convenience. The Word document will allow you to make notes or changes in the order of the materials. Critical materials, such as narrative materials for each slide, questions for participants, group exercises, and video links are also provided in the Power Point Notes Section with each slide. The Power Point slides will guide you through the complete presentation. Although it is advised that you follow the format provided to ensure that all materials are covered, it is acceptable for you to reorder the slides or use a subset of the materials if this better meets your needs.

**Module 1 – “Identifying Pain in Your Residents”** provides participants with an overview of what pain is and how to recognize it in older adults. Since some older adults in nursing facilities are unable to verbally communicate their pain and discomfort, this module covers both the verbal and nonverbal indicators of pain. The module also provides information about what needs to be known about pain to effectively manage it.

**Module 2 – “What You Can Do to Help a Resident Who is Experiencing Pain”** discusses the non-drug approaches to pain that can be administered by direct care staff. In some cases, these strategies can be effective alone, but often they are used in conjunction with medication to increase its effectiveness in the relief

of pain. This module covers when and how to apply the different strategies, as well as the precautions needing to be taken with specific therapies.

You are encouraged to utilize the videos, questions, group exercises, and other methods suggested. These will help you to assess and reinforce the knowledge and skills of the learners. Suggestions for these activities are shown in the Power Points Notes Sections at the place they will best reinforce or enhance the content being discussed. Instructors have the discretion to move specific activities wherever it works best for them. Additional reading materials are provided in the Resources Section of the Instructor Manual. If you are not familiar with the specific topic, it is advisable that you utilize the materials under this section. All of the materials suggested are available online.

The package also includes a Knowledge Assessment (with an answer key) to be administered prior to the presentation of the modules and at the completion of the training. This will provide instructors with participants' baseline knowledge on the topic area as well as changes in knowledge after the training.

The following symbols are used in the slide notes to designate teaching strategies and methods that may be used-



Question for participants



Video

Video



Group exercise