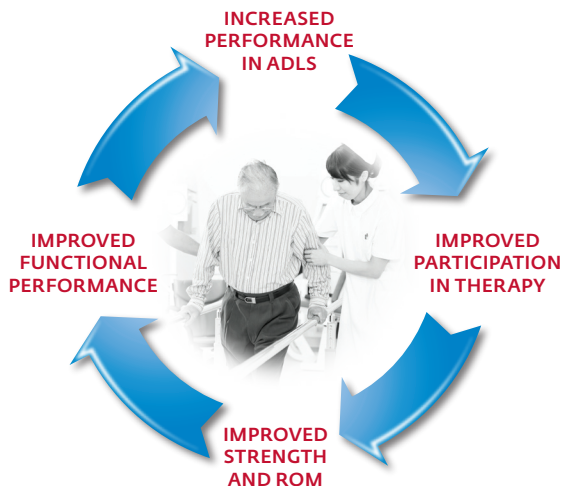
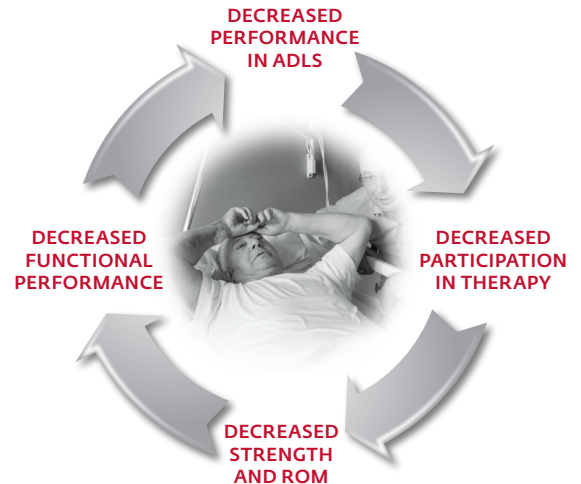


# Long-term Options for Pain

DJO's Long-term Options for Pain is a comprehensive program that includes program development tools, treatment protocols and various resources to help you successfully manage pain in your facility. This evidence based program will help you manage the challenges of pain and its complications, allowing you to increase patient participation in therapy and decrease cost.

## The Pain Issue

- 45-80% of LTC residents have substantial pain<sup>1</sup>
- Pain is a key survey indicator in nursing homes and yet is under-detected and under-treated<sup>2,3</sup>
- Poor pain management may lead to sleep deprivation, depression, anxiety, agitation, decreased activity and functional status, delayed healing, lower overall quality of life<sup>4</sup>



## Addressing the Pain Issue

- Requires a multifaceted, multi-disciplinary approach<sup>1</sup>
- Patients in pain should be identified<sup>1</sup>
- Impairments contributing to pain should be identified and should be aggressively treated utilizing electrical stimulation, ultrasound, laser and/or shortwave diathermy to enhance outcomes, decrease costs and decrease medication use<sup>5, 6</sup>
- Residents going home and/or long-term residents suffering from chronic pain may be prescribed long term use of TENS<sup>5</sup>

## Pain Management Care Plan

<p>Nursing staff regularly screens ALL residents for presence of pain</p> <p><b>Necessary Elements</b></p> <p>Standard pain screening tools</p>	<p>Patients in pain are referred to therapy for evaluation and pain management</p> <p><b>Necessary Elements</b></p> <p>Standard Evaluation Tools</p>	<p>PT/OT treat key impairments and manage pain symptomatically with one or more of the following: electrotherapy, ultrasound, laser, shortwave diathermy</p> <p><b>Necessary Elements</b></p> <p>Modalities Clinical Protocols Staff Education</p>	<p>Nursing staff continues to screen and/or monitor current and new residents for presence of pain</p> <p><b>Necessary Elements</b></p> <p>Standard pain screening tools</p>
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# The Power of Skilled Modality Use<sup>1-6</sup>



## Without skilled modality use

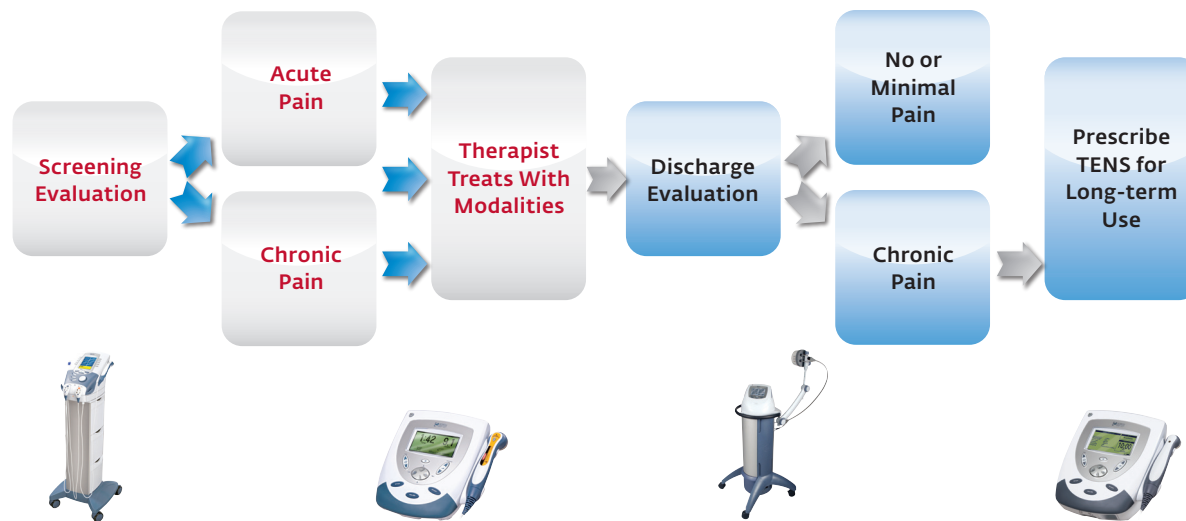
## With skilled modality use

- Increased medication use
- Increased risk of falls
- Decreased participation in therapy
- Limited ability to mobilize
- Delayed healing
- Sleep deprivation
- Anxiety
- Lower quality of life

- Decreased medication use
- Decreased risk of falls
- Increased participation in therapy
- Increased mobility and stability
- Accelerated healing
- Better sleep pattern
- Decreased anxiety
- Improved quality of life

## In SNF/Nursing Home

## Discharge to Home



Electrotherapy	Laser	Shortwave	Ultrasound
Pain relief and muscle re-education	Increase local circulation Pain Relief	Decrease muscle spasm, joint stiffness and inflammation Pain relief Relief of shortened tendons	Relief of shortened tendons, scars and capsule

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DJO, LLC | A DJO Global Company

T 800.336.6569 D 760.727.1280 F 800.936.6569  
 1430 Decision Street | Vista, CA 92081-8553 | U.S.A.  
[djoglobal.com/longtermcare](http://djoglobal.com/longtermcare) | [DJOglobal.com](http://DJOglobal.com)