

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

### Module 2 Worksheet: RECOGNIZING PAIN

1. List four verbal or physical signs to look for to recognize when a person with dementia is in pain, even if he or she cannot tell you in words.
  - a)
  - b)
  - c)
  - d)
2. Write down three ways you can help to ease pain or discomfort in someone you care for.
  - a)
  - b)
  - c)
3. Give an example of an instance where pain medication would be necessary.
4. Give an example of an instance where pain medication would **not** be necessary.
5. What is "impaired pain perception"?

6. It is important to think about how pain might affect the ability of someone with dementia to do certain things. Joint pain is a very common cause of discomfort during activities. Give at least one example of specific causes of pain for each of the following categories.

- Changes in Health and Comfort:
- Environmental Causes:
- Problems with a Task:
- Communication Difficulties:

7. In your own words, write down the definitions of “acute pain” and “chronic pain,” and provide examples of each.

8. What percentage of elders in long-term care settings experience some form of pain?

\_\_\_\_\_ %

9. After you've visited with Mr. Wilson for a few minutes, you see that he is wincing with every movement. What are two possible reasons this could be happening?

a)

b)

10. **True or False:** Before planning or beginning an activity, you should take into account the level of the person's dementia and abilities, as well as their current situation or behavior (like the presence of pain, discomfort, fear, or desire).

True \_\_\_\_\_

False \_\_\_\_\_