

CARES[®] Activities of Daily Living[™]
Module 3 Worksheet
“RECOGNIZING AND MANAGING PAIN”

1. **(Screen 3, Screen 4, and Screen 8 “Administrators” Video #1)** In your own words, explain why it is important to get to know a person living with dementia in order to provide him or her with appropriate pain management care.

2. **(Screen 3, Screen 5 CARES[®] Tip, and Screen 8 “Healthcare Staff” Video #2 and “Administrators” Video #2)** There are many common expressions of pain or discomfort. Some are obvious and others are subtle. List five of them.
 - a)
 - b)
 - c)
 - d)
 - e)

3. **(Screen 4 “Addiction” Concern Pop-up Audio Response)** Most pain medications aren’t addictive.

True False

4. **(Screen 5)** Circle the correct answer. An occasional moan or groan indicates _____.
 - a) Little or no discomfort
 - b) Moderate pain
 - c) More severe pain

5. **(Screen 5, Screen 6, Screen 8 “Administrators” Video #1, Screen 9, and Screen 11 Video)** Mrs. Hayes is rubbing her head and frowning. These behaviors are unusual for her. How should you respond?

6. **(Screen 8 “Healthcare Staff” Video #1)** What percentage of nursing home residents has daily pain? _____%

7. **(Screen 8 “Healthcare Staff” Video #3)** What is the difference between chronic and acute pain?

8. **(Screen 8 “Healthcare Staff” Video #4)** Administering pain medication is one way to treat pain. When you know a person is experiencing pain, how much in advance of a planned physical activity should you administer pain medication?

9. **(Screen 9)** If you think a person is showing signs of pain, but you are not sure, you should start by seeing if his or her basic needs are met. List five questions from the Basic Needs Checklist.
 - a)

 - b)

 - c)

 - d)

 - e)

10. **(Screen 10 Activity, Check Answer Pop-up Text)** Often there are things you can do to comfort a person living with dementia who is having mild to moderate pain. List four ideas for comforting people in moderate pain.
 - a)

 - b)

 - c)

 - d)