

Your Name: _____

Date: _____



Module 3 Worksheet: RECOGNIZING PAIN

1. List two 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)
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. What are two things you can do to help relieve a person's pain without giving them medication?
 - a)

 - b)

CARES® Dementia Advanced Care™, Module 3 Worksheet (continued)

5. What is “impaired pain perception”?

6. Joint pain is a common cause of discomfort during exercise activities for many elderly people. It is important to think about how pain might affect the ability of someone with dementia to do certain things. 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 definition of “acute pain.”

8. In your own words, write down the definition of “chronic pain.”

9. What percentage of elders in long-term care facilities experience joint pain? _____ %

10. After you’ve visited with Mr. Marlon for a few minutes, you see that he is wincing with every movement. What are two possible reasons this could be happening?
 - a)

 - b)