

# PAIN PROGRAM

**Pain** is one of the most common health problems experienced by older adults. It is a complex, multi-dimensional, personal experience that includes cognitive, emotional and behavioral factors as well as pain presence and intensity. Pain can result in many serious health consequences and is often incorrectly believed to be a normal process of aging. .

## *Common Consequences of Pain*

- Falls
- Difficulty performing daily activities
- Appetite disturbances
- Social withdrawal/isolation
- Insomnia
- Muscle weakness
- Sleep disturbances
- Overall decrease of quality of life

EncompassCare's Pain Program is designed to identify and address both acute and chronic pain experienced by our patients and residents. In collaboration with nursing and physician services, our clinicians develop a plan of care that focuses on pain reduction therapeutic interventions that are specific to each patient's condition. This multidisciplinary approach fosters the investigation of all possible options for optimal pain management including pharmacotherapy, interventional procedures, physical rehabilitation, and psychological support. Our program is standardized for consistency of education and training yet individualized to allow for patient specificity.

**EncompassCare** employs a staff of highly qualified physical therapists, occupational therapists, and speech language pathologists proficient in service delivery in all post-acute care settings.

### **Program Goals**

- Provide collaborative care services
- Reduce pain
- Reduce pain medication
- Maximize functional independence
- Promote patient education
- Improve quality of life

### **Program Content**

- Obtain baseline measures for pain, ROM, strength, balance, mobility and self-care
- Develop comprehensive treatment plans that align with the interdisciplinary clinical team
- Provide individualize treatment interventions aimed at pain reduction and functional independence