

Pain Huddle Points 4-1-13

- Myths and misinformation contribute to ineffective pain management
- As patient advocate, we need to dismiss the following myths and wrong information:
 - Too much pain medication too frequently constitutes substance abuse, causes addiction, will result in respiratory depression or will hasten death.
 - Pain should be treated not prevented.
 - People in pain always report their pain to their health care provider.
 - The level of pain is often exaggerated by the patient.
 - Generally a patient cannot be relieved of all pain.
 - Some pain is good so that the patient's symptoms are not masked.
 - Newborn infants do not have pain.

Source: Pain Management Nursing Role/Core Competency A Guide for Nurses, 2010, Karen Kaiser, University of Maryland Medical Center

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