

# Focused Exam: Pain | Completed | Shadow Health /Focused Exam: Pain Results;Edward Carter

written by

proficient



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## Focused Exam: Pain Results | Turned In

Medical Surgical Nursing: Promoting Wellness in the Older Adult (Los Angeles) - April 2019, NURS 201

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### Your Results

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### Education & Empathy : 6 of 7 (85.7%)

During the patient interview, there are a number of opportunities to provide patient education and empathy. The opportunities listed below are those identified by nursing experts to be of particular importance to this patient. A **Model Statement** is provided as an example of an appropriate response to each opportunity.

- Opportunities marked as **Not Encountered** are opportunities that were not elicited in the interview
- Opportunities marked as **Not Followed Up** are missed opportunities that were present in the interview, but where no statements were made
- Opportunities marked as **Followed Up** were followed up by students, and include the dialogue between student and patient

#### 1 Symptoms

Followed Up

**Description:** Mr. Carter reports coming to the ER with high levels of pain, and having frequent pain.



What brings you in today?

**Question**  
09:30 PM PDT



This morning I woke up with awful pain in my hips and knees . . . When I tried to get out of bed it was as if my joints just gave out and I fell right there in my bedroom. I hit my lower back on the bed frame, which I'm sure didn't help matters. To be honest, I'm worried that it's only going to get worse as I sit here getting older every minute.



I'm sorry to hear this.

**Empathize**  
09:32 PM PDT



I appreciate that. Thanks.



whenever you feel weak, try not to get out of bed right away

**Educate**  
09:32 PM PDT

<https://www.coursehero.com/file/41419946/Pain-Education-and-Empathy-Transcriptpdf/>



I understand that.



on a scale of 0 to 10, what is your pain at right now

**Question**  
09:35 PM PDT



Right now, it's more of a 1. Thank God for the medication.



I'm glad it isn't worse than that

**Empathize**  
09:37 PM PDT



Thank you.



what helps with the pain

**Question**  
09:38 PM PDT



The only thing that's helped me has been the pain medication the ER nurse gave me. I usually take Aleve or try to rest if I have any morning stiffness problems related to my arthritis, but that didn't work this morning. The pain was awful.



what medication did they administer to you in the ER (Clarified to: What did the ER prescribe for the pain?)

**Question**  
09:39 PM PDT



They gave me OxyContin when I was in the ER. (Clarified to: what the ER prescribed me)



Good

**Empathize**  
09:39 PM PDT



Thank you for understanding.



what triggers the pain

**Question**  
09:39 PM PDT



I have had a little pain every morning for the past month or so -- just walking around seemed to trigger it. I chalked it up to morning stiffness, getting old, that kind of thing. Sometimes it even feels like weather changes causes it. This morning was a game changer though. I fell in my bedroom and hit my back on the bed frame.



where is the location of the pain

**Question**  
09:40 PM PDT



The pain was mostly in my hips and knees, but my back is sort of tender from when I hit it on the bed frame as I fell.










i'm sorry to hear this

**Empathize**  
09:41 PM PDT



Hey, thanks.

	can you describe how the pain feels	<b>Question</b> 09:41 PM PDT
	It was a deep, aching sort of pain. And occasionally it feels like my joints are grating.	
	i'm sorry to hear this	<b>Empathize</b> 09:41 PM PDT
	Thanks for saying that.	
	how long does the pain last	<b>Question</b> 09:42 PM PDT
	It's gradually been getting worse over the last month. This morning, however, it was unbearable.	
	i'm sorry to hear this	<b>Empathize</b> 09:43 PM PDT
	I appreciate that. Thanks.	
	do you have problems getting out of bed	<b>Question</b> 10:03 PM PDT
	I usually have to use some support to get out of bed with this damn arthritis, but this morning the pain was so unbearable that I collapsed.	
	always ask for help first	<b>Educate</b> 10:03 PM PDT
	Thanks for letting me know.	
	have you had any appetite changes	<b>Question</b> 10:07 PM PDT
	I haven't been particularly hungry with this pain. In general, I eat like I always have.	
	have you had any recent ER visits	<b>Question</b> 10:09 PM PDT
	Not in the past three months.	
	good for you	<b>Educate</b> 10:09 PM PDT
	I'll remember that. Thanks.	

<https://www.coursehero.com/file/41419946/Pain-Education-and-Empathy-Transcriptpdf/>

**Model Statement:** "I'm sorry to hear you're in pain. I would like to learn more about your pain and how it may have happened, and then we can talk about treating it so you feel better."

## 2 Worry

Followed Up

**Description:** Mr. Carter reports feeling worried about his decreasing mobility and gait. He feels upset about his worsening osteoarthritis.



What brings you in today?

**Question**  
09:30 PM PDT



This morning I woke up with awful pain in my hips and knees . . . When I tried to get out of bed it was as if my joints just gave out and I fell right there in my bedroom. I hit my lower back on the bed frame, which I'm sure didn't help matters. To be honest, I'm worried that it's only going to get worse as I sit here getting older every minute.



I'm sorry to hear this.

**Empathize**  
09:32 PM PDT



I appreciate that. Thanks.



whenever you feel weak, try not to get out of bed right away

**Educate**  
09:32 PM PDT



I understand that.



do you have a history of falls

**Question**  
10:06 PM PDT



I've never fallen like I did this morning. It was really very startling.



sorry to hear this

**Empathize**  
10:07 PM PDT



Thank you for understanding.

**Model Statement:** "I understand that you are worried about your recent fall, and concerned about maintaining your activity level. It's normal to feel concerned."

## 3 Activity Intolerance Impaired Comfort and ADLs

Not Followed Up

**Description:** Mr. Carter reports decreased activity and fatigue.



do you have any problems with your balance

**Question**  
09:58 PM PDT



My arthritis pain makes balance difficult sometimes. Like this morning, when I fell.



do you have headaches

**Question**  
09:59 PM PDT



I don't typically get headaches.



do you have any psychological problems

**Question**  
09:59 PM PDT



No, nothing like that.

**Model Statement:** "It sounds like your arthritis symptoms are affecting your daily activities. I'm sorry to hear that."

#### 4 Fall Risk

Followed Up

**Description:** Mr. Carter reports falling at home this morning because of his pain when he tried to get out of bed.



What brings you in today?

**Question**  
09:30 PM PDT



This morning I woke up with awful pain in my hips and knees . . . When I tried to get out of bed it was as if my joints just gave out and I fell right there in my bedroom. I hit my lower back on the bed frame, which I'm sure didn't help matters. To be honest, I'm worried that it's only going to get worse as I sit here getting older every minute.



I'm sorry to hear this.

**Empathize**  
09:32 PM PDT



I appreciate that. Thanks.



whenever you feel weak, try not to get out of bed right away

**Educate**  
09:32 PM PDT



I understand that.



what triggers the pain

**Question**  
09:39 PM PDT



I have had a little pain every morning for the past month or so -- just walking around seemed to trigger it. I chalked it up to morning stiffness, getting old, that kind of thing. Sometimes it even feels like weather changes causes it. This morning was a game changer though. I fell in my bedroom and hit my back on the bed frame.



where is the location of the pain

**Question**  
09:40 PM PDT



The pain was mostly in my hips and knees, but my back is sort of tender from when I hit it on the bed frame as I fell.



I'm sorry to hear this

**Empathize**  
09:41 PM PDT



Hey, thanks.



do you have any other bruises from your falls

**Question**  
10:06 PM PDT



I hit my back on the bed frame when I fell. I've got some soreness there.



do you have a history of falls

**Question**  
10:06 PM PDT



I've never fallen like I did this morning. It was really very startling.



sorry to hear this

**Empathize**  
10:07 PM PDT



Thank you for understanding.

**Model Statement:** "I am concerned that you fell this morning.

Unintentional falls are the most common cause of injuries for people older than 65 years. Let's talk about how to keep you safe while you are here, and when you go back home."

## 5 Nonmedication Pain Strategies

**Followed Up**

**Description:** Mr. Carter describes his non-medication pain strategies he uses at home.



what helps with the pain

**Question**  
09:38 PM PDT



The only thing that's helped me has been the pain medication the ER nurse gave me. I usually take Aleve or try to rest if I have any morning stiffness problems related to my arthritis, but that didn't work this morning. The pain was awful.



what medication did they administer to you in the ER (Clarified to: What did the ER prescribe for the pain?)

**Question**  
09:39 PM PDT



They gave me OxyContin when I was in the ER. (Clarified to: what the ER prescribed me)



Good

**Empathize**  
09:39 PM PDT

Thank you for understanding.



**Model Statement:** "Let's talk about strategies to alleviate your pain and improve your ability to handle your daily activities and make sure you are doing everything you can. To ease your symptoms, you can rest for several minutes when your pain is at its worst. Losing a few pounds will place less strain on your joints. Exercise and having strong muscles takes some of the strain off of your joints, which will reduce your pain in the long run. You may use hot or cold packs-- whichever provide you with more comfort."

## 6 Inappropriate Medications for Older Adults

Followed Up

**Description:** Mr. Carter has been taking OTC naproxen for his pain. However, this medication meets Beer's criteria of potentially inappropriate medications for older adults.



what helps with the pain

**Question**  
09:38 PM PDT



The only thing that's helped me has been the pain medication the ER nurse gave me. I usually take Aleve or try to rest if I have any morning stiffness problems related to my arthritis, but that didn't work this morning. The pain was awful.



what medication did they administer to you in the ER (Clarified to: What did the ER prescribe for the pain?)

**Question**  
09:39 PM PDT



They gave me OxyContin when I was in the ER. (Clarified to: what the ER prescribed me)



Good

**Empathize**  
09:39 PM PDT



Thank you for understanding.

**Model Statement:** "I see that you take naproxen for your knee pain. I'd like to discuss finding an alternate medication for you to treat your pain; naproxen is a type of medication called an NSAID, which carries a risk of gastrointestinal bleeding, especially in older adults."

## 7 Medication Management

Followed Up

**Description:** Mr. Carter discusses taking several medications at different times of day.



do you take all your medications as prescribed

**Question**  
09:47 PM PDT



Yes, I take them like clockwork.



good for you

**Empathize**  
09:47 PM PDT





Thank you for understanding.



what medication do you take for your atrial fibrillation

**Question**  
09:48 PM PDT



I take warfarin, and verapamil.



what medication do you take for your hypertension

**Question**  
09:49 PM PDT



It's called Hyzaar.



thank you

**Empathize**  
09:49 PM PDT



Thank you.

**Model Statement:** "I notice that you take several medications at different times of day. It's important to avoid missing doses. Some strategies to help you remember to take all of your pills are to use a pillbox to organize each day, and to set up reminders to take your pills using an alarm."

## Comments

If your instructor provides individual feedback on this assignment, it will appear here.

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