

Can you recognize pain-related behaviours?

Case Scenario: Mrs. Maria Verde

Mrs. Maria Verde is 85 years old and was admitted 1 year ago to the Special Care Dementia Unit at Villa Bella. She and her husband ran a local bakery for many years until he passed away. For a short time she lived with her daughter until she was hospitalized after a serious fall. She has regained most of her mobility since that hip fracture 15 months ago. She walks slowly, hunched over and with a cane. Her medical conditions include diabetes, osteoarthritis, hypertension and cataracts. She is fluent in English. Her memory is very poor. She does not remember what she has eaten for her meals. She has not been eating her supper well and fidgets in her chair the entire meal. Maria is unaware of the season, date or time of day and can't locate her room. She seems to recognize a few staff that she likes and who have provided care for her over past year. She rarely speaks anymore. She requires cueing to do many things and is easily distracted. Since yesterday, she seems more restless and has begun calling out for "help" throughout the day. Then unpredictably she begins to cry late afternoon and evening. During her bath this morning, she was rubbing at her lower back. Maria seems more tired and just looks at staff with a very sad look on her face.

- ✘ **Read the case scenario "Mrs. Maria Verde"**
- ✘ **Choose one of the behaviour observation tools and complete it**
 - ✚ **PACSLAC or DOLOPLUS-2**
- ✘ **How many behaviours did you record?**

- ✘ **How many of the behaviours could indicate another problem?**
 - ✚ **List the other possible problems**

- ✚ **Did it make you think about the presence of pain?**

