

Proactive Pain Prevention as part of a Pain Therapeutic Culture

- Protecting the physical and psychosocial wellbeing of all residents living in residential aged care is crucial for preventing pain
- Early intervention is key
- Residents with advanced medical conditions also benefit from preventative measures that can avoid their pain getting worse
- Address risk factors that can trigger the development of chronic pain:

Psychological and Educational Approaches

- Psychological factors (e.g. stress, anxiety, depression, attitudes & beliefs) can put people at risk of pain or worsened pain.
- Addressing these factors is crucial for preventing and alleviating pain

Sleep

- Disturbed sleep may increase the risk of pain or lead to increased pain
- Monitor, manage and support good quality sleep for all residents.

Nutrition

- Poor nutrition may promote painful conditions
- Encouraging good nutrition and healthy weight to keep muscles and bones working well is important for the prevention of pain

Movement and Physical Activity

- Encourage movement and physical activity to build and maintain strength, flexibility and overall function
- These activities slow physical and cognitive deterioration, improve mood, help to develop active coping strategies, and encourage meaningful socialising and connection with other people.