

# Module 18 – Pain Management

## **Activity #1 – Class Discussion**

Have each student talk about what they envision the signs and symptoms of pain to be. Faculty could give out blank note cards and ask the students to write down 2 or more signs or symptoms of pain.

Optional – a fun twist to this activity would be to play charades with the symptoms and have students guess their symptom.

Responses could include:

- Rubbing an area
- Screaming or crying
- Restlessness
- Gasping
- Grimacing
- Rapid or slow speech – changes in speech
- Groaning
- Grunting
- Holding the area
- Irritability
- Refusal to move
- Being noticeably quiet
- Increased pulse or blood pressure
- Heavy or increased respiration
- Sweating
- Nausea
- Vomiting
- Pale skin

Now ask the students if there were other signs or symptoms that were not reviewed and discuss those. Remember that the students may have also had pain and will describe it differently.

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### Activity #2 – Pain Words

Faculty – Cut out the following words or transfer onto note cards. Ask the student to randomly select a card and read aloud the word being used to describe the pain. Ask the student to think of a type of pain in which the patient could use that word to describe. Go around the class and ask each student to read the pain descriptor they drew and discuss their answer.

For example: Crushing – chest pain. Burning – urinary tract infection.

Encourage the students to think about pain they have experienced to produce ideas.

<b>Aching</b>	<b>Burning</b>
<b>Cramping</b>	<b>Dull</b>
<b>Gnawing</b>	<b>Knifelike</b>
<b>Piercing</b>	<b>Pressure</b>
<b>Sharp</b>	<b>Sore</b>
<b>Squeezing</b>	<b>Stabbing</b>
<b>Throbbing</b>	<b>Viselike</b>