

Essential Questions to Ask About Chronic Pain Management for Seniors - Checklist

Managing chronic pain is a major challenge for many seniors. Asking the right questions can help ensure your loved one receives effective, personalized pain treatment. This guide covers the key questions to discuss with healthcare providers to optimize chronic pain management and improve quality of life.

How to use this checklist: Check off each question as you ask it, and use the note lines to record important answers and observations.

Pain Assessment

☐ 1. How do you assess and monitor my loved one's pain levels?

Understand the healthcare provider's approach to regularly evaluating and tracking the senior's pain intensity, location, and impact on daily functioning.

Notes:

☐ 2. What tools or scales do you use to measure pain?

Determine if the provider uses validated, comprehensive pain assessment methods appropriate for older adults, such as the Numeric Rating Scale or Faces Pain Scale.

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☐ 3. How often will you reevaluate my loved one's pain?

Ensure the provider has a plan to frequently monitor changes in the senior's pain and adjust treatment accordingly.

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Pain Management Approach

□ 1. What types of pain management treatments do you recommend?

Understand the provider's holistic approach, including both medication and non-drug therapies like physical therapy, occupational therapy, and complementary modalities.

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□ 2. How do you select the appropriate pain medications?

Discuss the provider's approach to carefully choosing medications based on the senior's specific condition, symptoms, and potential side effects.

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□ 3. How will you monitor for and manage medication side effects?

Ensure the provider has a plan to regularly assess the senior for adverse effects from pain medications and make adjustments as needed.

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□ **4. Can you provide a care plan that outlines the treatment goals and timeline?**

Request a comprehensive, written care plan that details the specific pain management interventions, expected outcomes, and follow-up schedule.

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Coordination of Care

☐ 1. How will you coordinate care with my loved one's other healthcare providers?

Ensure the pain management provider communicates effectively with the senior's primary care physician, specialists, and other care team members.

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☐ 2. What role will family caregivers play in the pain management plan?

Understand how the provider will engage and support family members in implementing the senior's pain treatment at home.

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☐ 3. What educational resources can you provide to help us manage my loved one's pain?

Ask the provider to share informative materials, such as instructional videos or handouts, to empower the family to effectively participate in the senior's pain care.

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Ongoing Evaluation and Adjustments

☐ 1. How will you determine if the current pain management plan is effective?

Discuss the provider's criteria for evaluating the success of the treatment plan and identifying the need for modifications.

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☐ 2. What are the next steps if the initial pain management approach is not working?

Understand the provider's process for trying alternative treatments or escalating care if the senior's pain is not adequately controlled.

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☐ 3. How will you involve me in decisions about changing the pain management plan?

Ensure the provider will collaborate with the family to make any necessary adjustments to the senior's pain treatment.

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Palliative and End-of-Life Care

- 1. How do you approach pain management for seniors with advanced, life-limiting conditions?

Discuss the provider's expertise in palliative care and their strategies for optimizing comfort and quality of life for seniors nearing the end of life.

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- 2. What options are available for hospice or palliative care referrals?

Understand the provider's process for connecting the senior and family with specialized end-of-life care services that can enhance pain relief.

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- 3. How will you support my loved one and our family during this challenging time?

Ensure the provider has a compassionate, family-centered approach to addressing the emotional and spiritual needs related to managing a senior's pain at the end of life.

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