



COVID-19 (Novel Coronavirus)

End of Life Care Information for Aged Residential Care

PAIN

For residents who are COVID-19 positive they may experience joint pain, muscle aches, severe headaches and fever. All pain is influenced by the person's culture, previous events and their individual resilience. Many older people will experience pre-existing comorbidities and have pain from chronic illness and/or cancer.

Individualised Assessment

- Listen to the residents description of the pain and manage accordingly
- Be alert for developing flu-like symptoms (headache, sore throat, muscle and joint pains and fever)
- Remember underlying conditions that contribute to the pain and ensure these are also addressed
- Reassess regularly and document additional symptoms and interventions

Non-Pharmacological Management of Pain at End of Life

- Supportive care for the resident and their family and whānau (emotional and physical)
- Encourage and enable family and whānau and cultural involvement and support if possible
- Spiritual support
- Gentle touch – this will be challenging if they are in isolation and PPE is being used
- Repositioning for comfort and pressure relief
- Heat/cold and bedding to manage fever, headache, bone or joint pain
- Distraction, music, listening and reminiscing
- Complementary therapies, e.g., aromatherapy, relaxation or rongoa
- Listen to concerns and provide reassurance to resident, family and whānau if they feel angry or frustrated because of the pain.

Pharmacological Management of Pain at the End of Life

- Paracetamol in the first instance for symptoms of COVID 19 (fever, joint and bone pain, headache)
- Utilise correct pain relieving medication for type of pain identified (i.e. neuropathic pain)
- Review previous and current pain management for ongoing conditions
- NSAID's can be considered (dependant on residents current state of health, swallow ability etc)
- Consider and treat side effects, eg, constipation, nausea, vomiting.
- If needing 3 prn doses of analgesia over a 24 hour period consider long acting medication and/or discussion with Arohanui Hospice
- Ensure appropriate route of medications is used

Please contact Arohanui Hospice for advice required to support residents at the end of life with COVID-19. Advice may include how to manage pain at EOL with use of prn (without a syringe driver)