



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. Many older people will experience pre-existing comorbidities and have pain from chronic illness and/or cancer. All pain is influenced by the person's culture, previous events and their individual resilience.

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
- 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, e.g. 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)