



HPC Consultation Services Of Waterloo Wellington

Palliative Care and Pain Rounds Information

What is the Role of the HPC Consultant?

- Offers regular on-going support to service providers in person regarding assessment and management of pain and other symptoms.
- Facilitates case-based education which is supported by evidence-based knowledge and a strong clinical background in palliative & pain management.
- Provide educational tools to assist and support pain and symptom assessments, knowledge and evaluation.
- Review and assist organizational adoption of best practice guidelines and tools.

What are the goals of rounds?

- To build capacity amongst front line service providers in the delivery of palliative care.
- To improve knowledge and skills in the assessment and management of pain and symptoms.
- To facilitate the integration of knowledge into clinical practice.

What is expected of the participating organization and nurse attending rounds?

- Provide a room to facilitate the rounds
- Commit to regularly scheduled meeting; approximately 1 hour in duration to review present cases in a case-based format
- Select a person(s) who require a complex review of pain & symptom management issues.
- Prior to the rounds discuss and receive consent from person and/ or family.
- Most responsible physician should be informed of case based review.
- A pain assessment and/ or symptom assessment must be completed prior to the review. The nurse must be prepared to know the following information:

(P) What makes the pain worse or better?

(Q) What words describe the quality? (burning, ache, throbbing)

(R) Where is the pain? Does it go anywhere?

(S) How strong is the pain? (0-10)

(T) When does the pain occur?

(U) How the pain &/or symptom is affecting the person's life.

OR

For the cognitively impaired residents; review documented changes in behaviour.

- Be prepared to review past medical history.
- A complete medication list and medication history (what has been tried already) related to the issue is required.
- Know the allergies and medication reactions for the resident.
- Contact the consultant by phone or via email to discuss progress as needed.