
Perspectives in Nursing Management and Care for Older Adults

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The aim of this book series is to provide a comprehensive guide to nursing management and care for older adults, addressing specific problems in nursing and allied health professions. It provides a unique resource for nurses, enabling them to provide high-quality care for older adults in all care settings. The respective volumes are designed to provide practitioners with highly accessible information on evidence-based management and care for older adults, with a focus on practical guidance and advice.

Though demographic trends in developed countries are sometimes assumed to be limited to said countries, it is clear that similar issues are now affecting rapidly developing countries in Asia and South America. As such, the series will not only benefit nurses working in Europe, North America, Australasia and many developed countries, but also elsewhere. Offering seminal texts for nurses working with older adults in both inpatient and outpatient settings, it will especially support them during the first five years after nurse registration, as they move towards specialist and advanced practice. The series will also be of value to student nurses, employing a highly accessible style suitable for a broader readership.

More information about this series at <http://www.springer.com/series/15860>

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Pain Management in Older Adults

A Nursing Perspective

 Springer

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Preface

The book *Pain Management in Older Adults: A Nursing Perspective* features theoretical and practical information about the assessment and management of pain in older adults. It is written for nurses, nurse specialists, advanced nurse practitioners, and academics who are interested in pain management in older adults.

Pain is one of the most distressing and commonest symptoms of later life. Mood, quality of life, independence, and relationship are all affected and the high prevalence of pain has a substantial impact at both individual and societal level. Although more attention has been paid to pain in older persons over the last decades, pain remains underdetected, underestimated, and undertreated especially in the most vulnerable with neurodegenerative disorders and communication difficulties.

Nurses care for older people in primary, secondary, and independent settings and have been at the forefront of pain care for centuries. Nurses play a crucial role in the assessment and management of pain. Their involvement with older persons is multifaceted, involved in pain assessment, comfort care, nonpharmacological and pharmacological approaches, and beyond managing an individual's pain, critical self-reflection and service development. Nurses are deeply involved throughout the care process and collaborate with interdisciplinary teams throughout care settings. Nursing older people is challenging and rewarding and we felt it was timely to produce a book from the nursing perspective.

We have included chapters covering epidemiology, assessment, therapeutic approaches, as well as chapters focused on the pivotal role of nurses in older persons pain management.

The editors and authors have worked to ensure that these chapters reflect older adults pain management essentials. It is our hope that this book will provide nurses working in primary health and care social areas as well as undergraduate and post-graduate nursing students with evidence that helps them in the caring process.

The book is an international collaborative effort and the editors would like to express their gratitude to all the authors for their contributions.

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Abbreviations

°C	Degree Celsius
5-HTR	Serotonin receptor
ABCDEF	Awakening and Breathing coordination of daily sedation and ventilator removal trials; Choice of sedative or analgesic exposure; Delirium monitoring and management; Early mobility and exercise and Family-centered care
ACC	Anterior cingulate cortex
ACR	American College of Rheumatology
AD	Alzheimer disease
ADL	Activities of daily living
AEs	Adverse effects
AGS	American Geriatrics Society
AI	Appreciative Inquiry
AMDA	American Medical Directors Association
AMPA	α -amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid
APN	Advanced practice nursing
ASPMN	American Society for Pain Management Nursing
ATP	Adenosine triphosphate
AuPS	Australian Pain Society
B2 receptor	Bradykinin receptor 2
BDNF	Brain-derived neurotrophic factor
BGS	British Geriatrics Society
BPGs	Best practice guidelines
BPS	British Pain Society
BPS scale	Behavioral pain scale
BPS-NI	Behavioral pain scale—not intubated
BPSD	Behavioral and psychological symptoms of dementia
Ca ²⁺	Calcium ion
CAM	Confusion assessment method
CAM-ICU	CAM for intensive care
CaMKII	Calcium-calmodulin kinase II
cAMP	Cyclic adenosine monophosphate
CAMs	Complementary and alternative therapies
CBT	Cognitive behavioral therapy
CCK	Cholecystokinin

CGRP	Calcitonin gene-related peptide
CNPI	Checklist of nonverbal pain indicators
CNS	Central nervous system
Coxibs	Cyclooxygenase-II selective inhibitors
CPAT	Certified nursing assistant pain assessment tool
CPGs	Clinical practice guidelines
CPOT	Critical-care pain observation tool
CPS	Canadian Pain Society
CREB	cAMP response element binding protein
CT scan	Computerized tomography scan
DNA	Desoxyribonucleic acid
DNIC	Diffuse noxious inhibitory controls
DOR	Delta opioid receptor
DQP	Deutsches Netzwerk für Qualitätssicherung in der Pflege
DRG	Dorsal root ganglion
DSM-5	Diagnostic and Statistical Manual of Mental Disorders Fifth Edition
DVT	Deep vein thromboembolism
DZNE	German Center for Neurodegenerative Diseases
eCASH	Early Comfort using Analgesia, minimal Sedatives and maximal Human care
EPSP	Excitatory postsynaptic potential
ERK	Extracellular signal-regulated protein kinase
fMRI	Functional magnetic resonance imaging
GABA	Gamma-aminobutyric acid
GP	General practitioner
H ⁺	Hydrogen ion
H1	Histamine receptor
HCP	Health care practitioner
IASP	International Association for the Study of Pain
ICU	Intensive care unit
ID	Intellectual disabilities
IPSP	Inhibitory postsynaptic potential
IQ	Intellectual quotient
IV	Intravenous
KA	Kainate
KOR	Kappa opioid receptor
KT	Knowledge translation
LPNs	Licensed practical nurses
MCI	Mild cognitive impairment
mGluR	Metabotropic glutamate receptors
MMSE	Mini-mental state examination
MOBID	Mobilization-observation-behavior-intensity-dementia pain scale
MOR	Mu opioid receptor
Na ⁺	Sodium ion
NCCIH	National Center for Complementary and Integrative Health

NHS	National Health Service
NICE	National Institute for Health and Care Excellence
NMDA	<i>N</i> -methyl-D-aspartate
NOPPAIN	Non-communicative patient's pain assessment instrument
NPs	Nurse practitioners
NRM	Nucleus raphe magnus
NRS	Numerical rating scale
NSAIDs	Nonsteroidal anti-inflammatory drugs
PACSLAC	Pain assessment checklist for seniors with limited ability to communicate
PAG	Periaqueductal grey
PAINAD	Pain assessment in advanced dementia
PARIHS	Promoting Action on Research Implementation in Health Services
PATs	Pain assessment tools
PBOICIE	Pain behaviors for osteoarthritis instrument for cognitively impaired elders
PET	Positron emission tomography
PFC	Prefrontal cortex
PKA	Protein kinase A
PKC	Protein kinase C
PLC	Phospholipase C
PMN	Pain management nursing
QI	Quality Initiatives
RASS	Richmond agitation sedation scale
RCTs	Randomized clinical trials
RNAO	Registered Nurses Association of Ontario
RNs	Registered nurses
RVM	Rostral ventromedial medulla
S1	Primary somatosensory cortex
S2	Secondary somatosensory cortex
SRD	Subnucleus reticularis dorsalis
TENS	Transcutaneous electrical nerve stimulation
TRP	Transient receptor potential cation channel
TRPM8	Transient receptor potential cation channel subfamily M member 8
TRPV	Transient receptor potential vanilloid
TTX	Voltage-gated sodium channel
TTXr	Tetrodotoxin-resistant sodium channels
UK	United Kingdom
UTI	Urinary tract infection
VAS	Visual analogue scale
VDS	Verbal descriptor scale
VIP	Vasoactive intestinal peptide
VRS	Verbal rating scale
WDR	Wide dynamic range
WHO	World Health Organization