



BEDSIDE QUICK REFERENCE

They Asked For...



**PAIN
MEDICATION**



**NAUSEA
MEDICATION**



**SLEEP
MEDICATION**



**CONSTIPATION
MEDICATION**



**ANXIETY
MEDICATION**



**SHORTNESS
OF BREATH**

PRN PAIN MEDICATION

What to ask, what to offer, what to do.



1 WHAT DO I ASK?

Quick questions to assess pain

Where is your pain?

What is your pain level right now on a scale of 0 to 10?

When did the pain start?

What does it feel like? (aching, sharp, burning, throbbing, etc.)

Is there anything that makes it better or worse?



TIP

Listen to their answer. Let them talk. You're gathering important information.

2 WHAT CAN I OFFER WHILE I PREPARE THE MEDICATION?

Comfort options you can offer

Reposition for comfort

Pillow support provided

Elevate affected area

Warm or cold pack (if appropriate)

Dim lights / Quiet environment

Encourage rest / Deep breathing

Distraction: TV, music, conversation

Other: _____



SAY THIS

"I'm going to get your medication ready. While I'm doing that, is there anything I can do to make you more comfortable?"

3 WHAT DO I NEED TO DO?

Your responsibilities

- ✓ Check the order (medication, dose, frequency)
- ✓ Assess the pain (questions on the left)
- ✓ Assess vital signs as indicated
- ✓ Administer PRN medication safely
- ✓ Use non-pharmacological interventions as appropriate
- ✓ Reassess pain within appropriate time
- ✓ Evaluate effectiveness
- ✓ Notify provider if indicated



TIP

Safety first. Right person, right drug, right dose, right time, right route.

4 WHAT DO I CHART?

Document the story of what you did



Pain Assessment

- Location
- Pain level (0-10)
- Quality (aching, sharp, etc.)
- Onset
- What makes it better or worse



Interventions

- Non-pharmacological interventions provided
- Medication administered (name, dose, time, route)



Reassessment

- Pain level after intervention
- Effectiveness of medication
- Resident response



REMEMBER

If it wasn't charted, it wasn't done. Chart it!

FRIENDLY APPROACH EXAMPLES



- "Hey, I heard you're having some pain. Tell me what's going on."
- "On a scale of 0 to 10, how would you rate your pain right now?"
- "I'm going to get your medication ready. What can I do to help you feel more comfortable in the meantime?"



YOU'VE GOT THIS.

You don't need a perfect nursing speech. You need a safe assessment, real conversation, the right interventions, and good documentation.