

Ten Common Sites of Pain Described in the MDS

CMS's RAI Version 2.0 Manual Revised--December 2002

J3. Pain Site (7-day look-back)

Intent: To record the location of physical pain as described by the resident or discerned from objective physical and laboratory tests. Sometimes it is difficult to pinpoint the exact site of pain, particularly if the resident is unable to describe the quality and location of pain in detail. Likewise, it will be difficult to pinpoint the exact site if the resident has not had physical or laboratory tests to evaluate the pain. In order to begin to develop a responsive care plan for promoting comfort, the intent of this item is to help residents and caregivers begin a pain evaluation by attempting to target the site of pain.

Definition:

- a. Back Pain - Localized or generalized pain in any part of the neck or back.
- b. Bone Pain - Commonly occurs in metastatic disease. Pain is usually worse during movement but can be present at rest. May be localized and tender but may also be quite vague.
- c. Chest Pain While Doing Usual Activities - The resident experiences any type of pain in the chest area, which may be described as burning, pressure, stabbing, vague discomfort, etc. "Usual activities" are those that the resident engages in normally. For example, the resident's usual activities may be limited to minor participation in dressing and grooming, short walks from chair to toilet room.
- d. Headache - The resident complains or shows evidence (clutching or rubbing the head) of headache.
- e. Hip Pain - Pain localized to the hip area. May occur at rest or with physical movement.
- f. Incisional Pain - The resident complains or shows evidence of pain at the site of a recent surgical incision.
- g. Joint Pain (Other Than Hip) - The resident complains or shows evidence of discomfort in one or more joints either at rest or with physical movement.
- h. Soft Tissue Pain - Superficial or deep pain in any muscle or non-bony tissue. Examples include abdominal cramping, rectal discomfort, calf pain, and wound pain.
- i. Stomach Pain - The resident complains or shows evidence of pain or discomfort in the left upper quadrant of the abdomen.
- j. Other – Includes either localized or diffuse pain of any other part of the body. Examples include general "aches and pains," etc.