



# Addressing Pain in All Stages of Life

## March 26, 2026

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### **Other HCPs**

Other members of the care team will receive a certificate of participation.

# Additional Continuing Education Credit

## EMT

This webinar has been approved by NJ OEMS for 1 EMT Elective CEU.

## Athletic Trainers

Partnership for a Drug-Free New Jersey (BOC AP#: P12171) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of one (1) Category A hours/CEUs.

# Additional Information About Continuing Education

- You must apply to receive continuing education credit. It will not be sent to you just for attending this webinar.
- **WHERE CAN YOU FIND THE LINK TO APPLY FOR CREDIT?**
  - **The last slide of this webinar**
  - **The chat at the end of the program**
  - **The follow-up email you will receive tomorrow**
- The poll at the end of today's webinar **IS NOT** the evaluation for continuing education credit. The evaluation will be available through the link mentioned above.
- The links will be active for 30 days after today's event.

**PA Planner Dean Barone discloses that he serves on the speakers bureaus of Ethicon and Johnson & Johnson. All other planners, faculty, and reviewers have no relevant financial relationships to disclose. All relevant financial relationships have been mitigated.**

# Featured Presenter



Sarah Cerreto, BSN, RN, HN-BC, MEDSURG-BC  
Hackensack University Medical Center



Partnership for a  
Drug-Free New Jersey

In Cooperation with the Governor's Council on  
Substance Use Disorder and the NJ Dept. of Human Services

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# Pain Across The Lifespan



Sarah Cerreto  
BSN, RN,  
MEDSURG-BC, HN-  
BC

# Universal Human Experience

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- Understanding
- Reacting
- Treating
- Managing



# Learning Objectives

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- Recognize & Assess
- Identify treatment methods
- Differentiate by age
- Alternatives to opioids
- Individualized care



# Recognize & Assess

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- Non verbal communication
- Verbal communication
- Standardized Instruments
  - Numeric rating scale
  - Visual analog scale
  - FACES scale
  - FLACC
  - PAINAD
- Multidimension Tools
  - BPI
  - MPQ
  - PEG-3
  - Oswestry



# Infants & Pre-Verbal Children (0-3 years):

- Non verbal communication
- Behavioral Cues
- Connect with caregivers

#FUTURENURSEDAY  
**FLACC SCALE**

| POINTS               | 0                               | 1  | 2  |
|----------------------|---------------------------------|--|--|
| <b>FACE</b>          | No expression or smile.         | Occasional grimace or frown.             | Frequent or constant quivering clenched jaw.           |
| <b>LEGS</b>          | Normal position or relaxed.     | Tense, uneasy, or restless.              | Kicking or legs drawn up.                              |
| <b>ACTIVITY</b>      | Lying quietly, normal position. | Squirming, tense, shifting back/forth.   | Arched, rigid or jerking.                              |
| <b>CRY</b>           | No cry.                         | Moans or whimpers, occasional complaint. | Crying steadily, screams/sobs, or frequent complaints. |
| <b>CONSOLABILITY</b> | Content, relaxed.               | Reassured by occasional touching.        | Difficult to console or comfort.                       |

**CRIS SCALE FOR POSTOPERATIVE PAIN**

|                                | 0   | 1                                    | 2                                       |
|--------------------------------|---|--------------------------------------|---|
| Crying                         | No  | High-pitched                         | Inconsolable                            |
| Requires SpO <sub>2</sub> >95% | No  | F <sub>I</sub> O <sub>2</sub> <30%   | F <sub>I</sub> O <sub>2</sub> <30%      |
| Increased vital signs          | Heart rate and blood pressure equal to or less than preoperative values | Less than 20% of preoperative values | Greater than 20% of preoperative values |
| Expression                     | None  | Grimace                              | Grimace/grunt                           |
| Sleeplessness                  | No  | Awakens frequently                   | Awake                                   |

# Young Children & Adolescents (3-18 years)

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- Non verbal communication
- Begin self reporting
- Wide age range
- FACES scale
- Aware of underreporting  
r/t fear of procedure
- Impact on function



# Adults

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- Non verbal communication
- Cultural considerations
- Lifestyle considerations
- Pain tolerance
- Medical/Surgical history



# Older Adults

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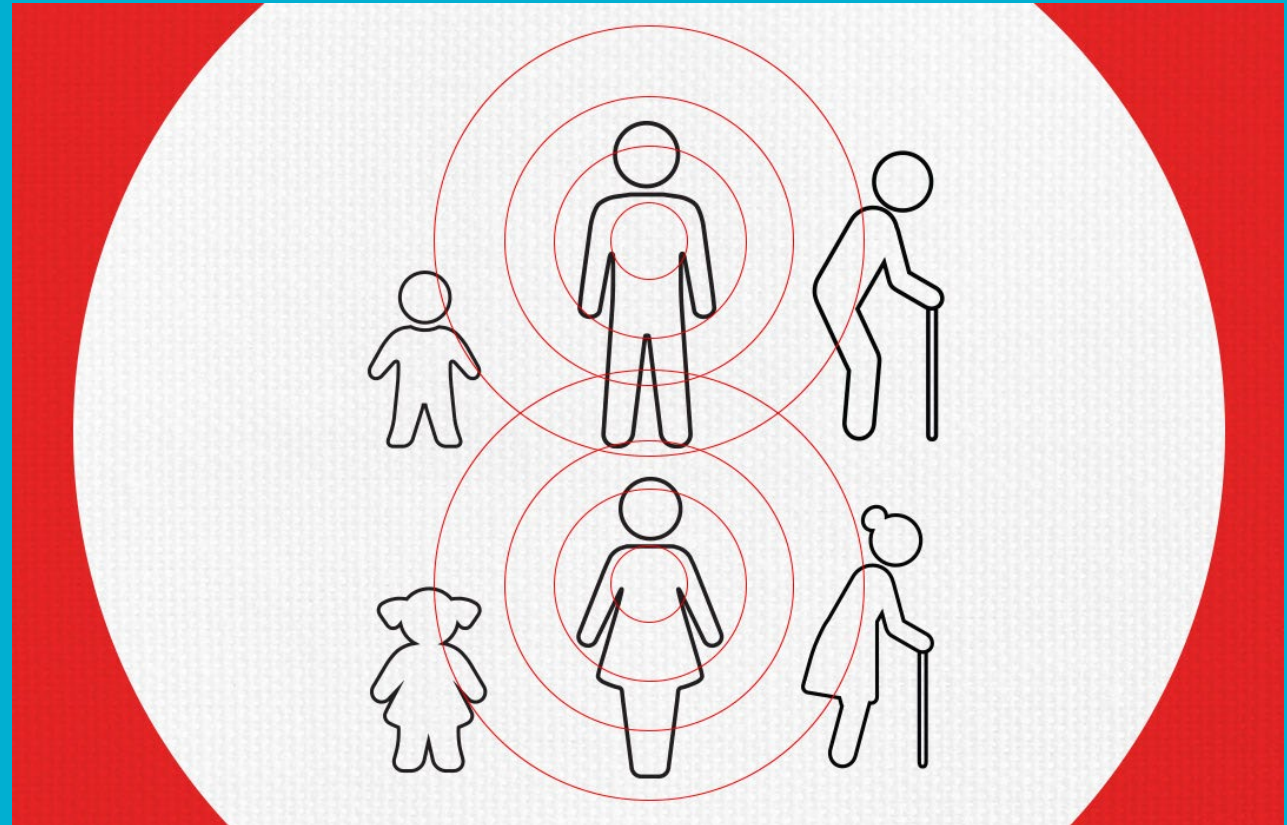
- Non verbal communication
- Undertreating acute → chronic
- Lifestyle considerations
- Self reporting barriers
- Descriptive words
- Misconceptions
- PAINAD
- Fear of intervention



# Tailoring Pain Treatment to Different Age Groups

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- Personality
- Experience
- Lifestyle
- Caregivers
- Close trusted individuals
- Co-create plan of care
- Holism



# Treating- Infants & Children:

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- Non Pharmacological
- Individualized comforting measures
- Creating a healing environment
- Child life specialist
- Anticipatory fear & pain
- Play
- Pharmacological
  - Weight based dosing
  - Alternating scheduling



# Treating- Adults:

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- Non Pharmacological
- Individualized comforting measures
- Creating a healing environment
- Therapeutic communication
- Active listening
- Multimodal plan
- Consulting specialists
- Pharmacological
  - Alternating scheduling
  - Analgesic ladder



# Treating- Older Adults:

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- Non Pharmacological
- Individualized comforting measures
- Creating a healing environment
- Connecting with family
- Therapeutic Communication
- Active Listening
- Poly pharmacy
- Pharmacological
  - Metabolism
  - Alternating scheduling



# Alternatives to Opioids

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- Non Pharmacologic
  - Physical therapy
  - Occupational therapy
  - Mind-body-spirit connection
  - Guided meditation
  - Stretching, tai chi, qigong
  - Chiropractic
  - Acupuncture
  - TENS
  - Heat/Cold
  - CBT
  - Radiofrequency ablation
  - Aromatherapy
  - Holistic evaluation
  - Joint injections
  - Surgery
  - Spinal cord stimulation
  - Nerve block
  - Bridge therapy
  - Manual therapy



# Alternatives to Opioids

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- Pharmacologic
  - NSAIDs
  - Acetaminophen
  - Gabapentin
  - Flexeril
  - Antidepressants
  - Anticonvulsants
  - Topical Agents



# No “One-Size-Fits-All”

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- Individualized
  - Assessment
  - Co create plan of care
  - Treatment
  - Outcome
- Goals of care

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