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Pain management, long-term care and palliative care in home visit teams

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Background & Aim: Pain is considered by some the 5th vital sign and defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. A correct approach to pain management should be a main concern of all areas of healthcare whether for acute situations as well as in chronic and end-of-life care, providing quality of life and dignity. The aim of this oral presentation is to share the experience in our area of influence of what is being done in the areas of pain management in primary healthcare working together with long-term care (LTC) units, home visits teams (HVT) and hospital pain management services.

Method: Brief introduction to the definition of pain management, LTC, HVT and palliative care; description of the services provided by all groups involved in these areas that we work with in the area of Loures, near Lisbon. Promote the sharing of experiences from the audience in this subject.

Results: Awareness of pain management importance and demonstration of how primary care interacts with the diversity of services and healthcare groups, working together for the patients and their families.

Conclusions: Pain affects everyone whether individually or as part of a family or social group. It is more than a reflection of a disease or a disease in itself. Pain acknowledgment should be a priority among family medicine practitioners to identify its implication on their patients and families and to interact more efficiently with all other healthcare groups involved in pain management.