



<b>Pain</b>		Chronic or acute pain has a negative impact on our quality of life and can lead to other physical problems. For example, someone who is in pain may be immobile, leading to problems such as unintended weight gain, stiff joints and skin breakdown. People who have chronic pain may also be depressed.	
<b>Ask</b>	<b>Listen For</b>	<b>Learn More</b>	<b>My Expectations for Excellence</b>
<b>How do you prevent and treat pain?</b>	<p>“There are many signs of pain, even for people with dementia. Our staff is trained to watch for symptoms of pain.”</p> <p>“We use multiple approaches for pain management, including treatment without overusing medications.”</p>	<p>Read <a href="#">Fast Facts: Pain Management in Nursing Homes</a> from the Advancing Excellence in America’s Nursing Homes Campaign.</p> <p>Help a nursing home better manage your loved one’s pain with the <a href="#">Family/Friend Worksheet</a> and <a href="#">Resident Worksheet</a>.</p>	