

## Pain Assessment Tools in Nursing Care

**Alshammari Turki Meshal S<sup>1</sup>, Awatif Farhan S Alenezi<sup>2</sup>, Tamam Muqayyim Tuqan Alruwaili<sup>3</sup>, Maryam Suwaylih Assaj Alanzi<sup>4</sup>, Abrar Turki K Alruwaili<sup>5</sup>, Mohammed Farhan Albalawi<sup>6</sup>, Naif Abdullah Alharbi<sup>7</sup>, Hind Jayez Jadan Alenizi<sup>8</sup>, Haya Khalid A Alanazi<sup>9</sup>, Alanazi, Ohud Raka A<sup>10</sup>**

<sup>1</sup> Senior Specialist - Emergency Care Nursing, Medical Supply Chain and Logistics Department, Hail, Hail Region, Saudi Arabia.

<sup>2</sup> Technician-Nursing, North Medical Tower Hospital, Arar, Northern Borders Region, Saudi Arabia.

<sup>3</sup> Technician-Nursing, Qara Primary Health Care Center, Sakaka, Al-Jouf Region, Saudi Arabia.

<sup>4</sup> Nursing technician, Northern Borders Health Cluster, Arar, Northern Borders Region, Saudi Arabia.

<sup>5</sup> Nursing Specialist, Al-Jouf Health Cluster, Gurayat General Hospital, Gurayat, Al-Jouf Region, Saudi Arabia.

<sup>6</sup> Technician Nursing, Ministry of Health Branch in Tabuk - Commitment Management, Tabuk, Tabuk Region, Saudi Arabia.

<sup>7</sup> Nursing, Uqlat Al Suqor Primary Health Care Center, Al-Qassim Region, Saudi Arabia.

<sup>8</sup> Nursing technician, Prince Abdullah bin Abdulaziz bin Musaad Cardiac Center (PAAMCC), Arar, Northern Borders Region, Saudi Arabia.

<sup>9</sup> Specialist Nursing, Maternity and Children Hospital, Arar, Northern Borders Region, Saudi Arabia.

<sup>10</sup> Nursing specialist, Northern Borders Health Cluster - North Medical Tower, Arar, Northern Borders Region, Saudi Arabia.

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### Abstract:

In nursing, effective pain assessment is crucial for providing immediate and appropriate care to patients. Various pain assessment tools are employed to facilitate this process, catering to different age groups and levels of cognitive function. For adults, tools like the Numeric Rating Scale (NRS) and the Visual Analog Scale (VAS) are commonly used, allowing patients to quantify their pain on a scale from 0 to 10 or indicate their discomfort along a line. For pediatric and non-verbal patients, tools such as the FLACC Scale (Face, Legs, Activity, Cry, Consolability) and Wong-Baker FACES Pain Rating Scale offer visual cues and observational metrics that enable caregivers to gauge pain levels without relying solely on verbal communication. These instruments help emergency nurses quickly assess pain severity, prioritize interventions, and monitor treatment effectiveness. In addition to standard scales, the implementation of multimodal approaches incorporating behavioral indicators and physiological measurements enhances the accuracy of pain assessment in emergency settings. The integration of electronic health records (EHR) and mobile applications also enables nurses to document pain assessments comprehensively, facilitating ongoing evaluation and communication among healthcare teams. By utilizing these pain assessment tools, emergency nurses not only improve the quality of care provided but also contribute to a better understanding of patients' experiences, leading to improved pain management strategies and overall patient satisfaction.

**Keywords:** Pain Assessment, Emergency Nursing, Numeric Rating Scale (NRS), Visual Analog Scale (VAS), FLACC Scale, Wong-Baker FACES, Multimodal Approaches, Electronic Health Records (EHR), Pain Management, Patient Satisfaction.

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### Introduction:

Pain is one of the most common reasons that patients seek emergency medical care, necessitating an effective approach to its assessment and management within the fast-paced environment of an emergency department (ED). Pain, though universally experienced, is a highly subjective phenomenon influenced by various factors

including physiological, psychological, cultural, and social elements. For emergency nurses, accurately assessing a patient's pain is a vital component of providing high-quality care, impacting the timely delivery of treatments and overall patient outcomes. Despite the myriad of pain assessment tools available, challenges persist in selecting and implementing the most effective tools for various patient demographics and clinical scenarios [1].

Understanding pain is integral to the practice of emergency nursing. The multidimensional nature of pain necessitates a holistic approach to its assessment, as what constitutes a significant level of pain can vary dramatically from one patient to another. Additionally, emergency departments are often characterized by high patient volume, diverse patient populations, and a myriad of presenting complaints, all of which can complicate the assessment process. Unlike primary care settings, where a patient's history may be more extensively documented, emergency nurses frequently encounter patients who are unable or unwilling to articulate their pain due to various factors such as language barriers, altered mental status, or the acute nature of their injury or condition [2].

To navigate these challenges, a range of pain assessment tools has been developed, each tailored to meet specific needs within the emergency setting. These tools range from self-report scales, such as the Numeric Rating Scale (NRS) and Wong-Baker FACES Pain Rating Scale, to observational tools designed for non-verbal patients or those unable to communicate effectively. Deciding which tool to use depends on multiple factors, including the patient's age, cognitive abilities, and the specific context of their emergency situation. Research indicates that the implementation of appropriate pain assessment tools can lead to more accurate evaluations of pain intensity and significantly improve management strategies [3].

The urgency associated with emergency care demands that pain assessment tools be both efficient and effective. In emergency settings, visibility into a patient's pain level can direct critical decisions regarding opioid administration, procedural sedation, and non-pharmacological interventions. Failure to adequately assess and manage pain can lead to escalated distress, protracted recovery times, and negative outcomes that extend beyond the immediate emergency situation. Moreover, throughout the continuum of care, accurate pain assessment is vital for an understanding of patient experiences and their satisfaction with care, which can ultimately influence healthcare quality ratings and institutional efficacy [4].

Moreover, the variability in pain perception across different populations reinforces the need for culturally sensitive assessment tools. Emergency nurses often care for racially and ethnically diverse

patient populations, each of which may express and experience pain differently. This calls for the incorporation of culturally competent practices in pain assessment to ensure appropriate recognition and management while avoiding potential biases that could hinder patient care [5].

Despite the advancements in pain assessment tools and methodologies, barriers remain particularly prevalent in emergency nursing settings. Staff shortages, high patient turnover, and the rapid nature of care delivery in EDs can impede consistent and thorough pain assessments. Furthermore, the potential for adherence to outdated practices or lack of sufficient training on the use of contemporary assessment tools can lead to inconsistencies in pain evaluation and management, ultimately affecting patient outcomes [5].

### **The Importance of Accurate Pain Assessment:**

Pain is a complex and subjective experience that is not only a symptom of injury or illness but also a critical factor influencing patient outcomes. In the realm of emergency nursing, accurate pain assessment is paramount, serving as the foundation for effective clinical decision-making, appropriate treatment plans, and improved overall patient care [6].

### **Understanding Pain**

To appreciate the importance of pain assessment in emergency nursing, one must first comprehend the nature of pain itself. Pain is a multidimensional experience encompassing sensory, emotional, and cognitive components. It can be acute or chronic, nociceptive or neuropathic, and varies greatly among individuals based on numerous factors, including age, cultural background, previous experiences, and psychological state. In the emergency department (ED), patients often arrive with acute pain resulting from trauma, surgical emergencies, or exacerbations of chronic conditions, necessitating prompt and effective pain management.

Accurate pain assessment is critical because pain is a vital sign that often indicates the severity of a medical condition. For instance, patients with conditions like myocardial infarction or appendicitis can exhibit varying degrees of pain, which may help clinicians differentiate the urgency of intervention. Early and precise assessment can significantly

influence treatment decisions, such as the administration of analgesics, surgical intervention, or further diagnostic evaluations [6].

### **The Challenges of Pain Assessment in Emergency Settings**

Despite its importance, the assessment of pain in emergency nursing is fraught with challenges. The fast-paced nature of the ED environment often results in time constraints, with nurses juggling multiple patients and impending crises. This can lead to inadequacies in pain assessment, as the emphasis may inadvertently shift toward stabilizing life-threatening conditions.

Moreover, patients in the ED often present with a range of pain levels and associated comorbidities that complicate assessment. For instance, patients with non-verbal communication abilities, such as those under sedation or with cognitive impairments, may pose additional challenges. Furthermore, cultural differences can impact how pain is expressed and perceived, necessitating nurses to possess a broad understanding of various cultural attitudes toward pain and suffering [7].

Additionally, pain is inherently subjective. What may be excruciating for one patient could be merely uncomfortable for another, making it difficult for healthcare providers to gauge the need for intervention based solely on observation. This subjectivity often leads to under-treatment or over-treatment of pain, resulting in inadequate pain management or unnecessary side effects from opioid administration [7].

### **Strategies for Effective Pain Assessment**

To enhance the accuracy of pain assessment in emergency nursing, several strategies can be deployed. First and foremost is the implementation of standardized pain assessment tools. Numeric rating scales, visual analog scales, or faces pain scales can provide a structured approach to evaluating pain intensity across diverse patient populations. Incorporating these tools into routine assessments can facilitate consistent evaluations and empower patients, giving them a voice in their pain management [8].

Additionally, comprehensive assessments should address the multidimensional nature of pain. This can include not only the intensity of pain but also its character, duration, and impact on the patient's daily

functioning. Gathering a thorough history, including previous pain experiences and responses to treatment, can inform individualized pain management plans [8].

Communication is also crucial in overcoming barriers to accurate pain assessment. Emergency nurses must cultivate a therapeutic relationship with their patients, utilizing active listening and empathetic communication to build trust. This rapport can encourage patients to express their pain more openly, facilitating a more accurate assessment [9].

Training and education for emergency nurses regarding pain management are equally vital. Ongoing professional development can equip nurses with the skills needed to recognize and address biases related to pain, improve their understanding of analgesic options, and keep abreast of emerging best practices for pain assessment and management [9].

### **Implications of Accurate Pain Assessment**

The benefits of accurate pain assessment in emergency nursing extend beyond immediate pain relief. Research demonstrates that effective pain management can lead to improved patient satisfaction, reduced anxiety, and shorter hospital stays. Patients who experience well-managed pain are more likely to have favorable outcomes and a better overall experience during their time in the ED [10].

Furthermore, accurate pain assessment can contribute to the prevention of chronic pain development. Early intervention and appropriate management can stave off long-term complications, leading to improved quality of life for patients. Additionally, in the context of rising concerns about the opioid crisis, accurate pain assessment plays a pivotal role in guiding appropriate pain management strategies that mitigate the risk of over-reliance on opioid medications.

In the broader healthcare context, accurate pain assessments can contribute valuable data to institutional quality improvement initiatives. By analyzing pain management protocols and outcomes, healthcare organizations can identify trends and areas for improvement, ultimately enhancing care delivery and patient outcomes [10].

### Overview of Common Pain Assessment Tools:

Pain is a universal and intricate phenomenon that elicits a vast spectrum of experiences among individuals. As a key aspect of human health and quality of life, the assessment of pain has become imperative in clinical practice, research, and healthcare routine. Pain assessment tools are essential in helping healthcare providers evaluate and understand the intensity, nature, and impact of pain on a patient's daily life [11].

Before delving into specific tools, it is important to define what pain assessment entails. Pain assessment is a systematic process of quantifying a patient's pain experience through their reports and available clinical data. The American Pain Society emphasizes that pain is a subjective experience, meaning that it is best evaluated through patient self-report. However, due to varying levels of communication ability and understanding, especially among children, the elderly, or those with cognitive impairments, a variety of standardized tools have been developed to facilitate this assessment [11].

### Types of Pain Assessment Tools

Pain assessment tools can generally be classified into two categories: **subjective** and **objective measures**. Subjective measures rely on self-reporting by the patient, while objective measures may include clinician observations and physiological indicators.

#### Subjective Measures

1. **Numerical Rating Scales (NRS):**  
The Numerical Rating Scale is one of the simplest and most widely utilized tools. It permits patients to rate their pain intensity on a scale from 0 to 10, with 0 indicating “no pain” and 10 denoting “the worst possible pain.” The NRS is beneficial due to its simplicity and ease of use, making it suitable for various clinical settings—from emergency rooms to outpatient clinics. However, its limitation lies in the fact that it does not provide insights into the nature or affective aspect of pain [12].
2. **Visual Analog Scale (VAS):**  
The Visual Analog Scale consists of a continuous line, typically 10 cm in length, marked at either end with descriptors such

as “no pain” and “worst pain imaginable.” Patients mark their perceived level of pain on this line, and the distance from the ‘no pain’ end is measured, often yielding a precise score. The VAS is particularly useful in research settings because it enhances sensitivity in detecting small changes in pain intensity. However, some patients may find it challenging to express pain on a visual scale, leading to potential inconsistencies in measurement [12].

3. **McGill Pain Questionnaire (MPQ):**  
The McGill Pain Questionnaire provides a more comprehensive assessment by evaluating both the sensory and affective dimensions of pain. It employs a combination of descriptive words and pain intensity ratings. Patients select words that best describe their pain, which are categorized into various patterns, and rate the intensity on a scale. The MPQ offers rich qualitative and quantitative data, allowing for a nuanced understanding of a patient's pain; however, its length and complexity might make it less practical in time-sensitive clinical environments [13].
4. **Brief Pain Inventory (BPI):**  
The Brief Pain Inventory is designed for both clinical and research settings, particularly among cancer patients. It assesses the intensity of pain and its interference with daily activities. By categorizing the impact of pain across various activities—such as general activity, mood, work, and relations—healthcare providers gain insights that allow for more tailored treatment approaches [13].
5. **Faces Pain Scale-Revised (FPS-R):**  
This tool is primarily used with children and individuals who may have difficulty articulating their pain experience. The FPS-R features a series of faces that depict varying intensities of pain, allowing patients to select the face that best represents their current pain level. The simplicity and visual nature of this tool help bridge communication gaps in pediatric and special-needs populations [13].

## Objective Measures

1. **Pain Drawings:**  
In this method, patients are provided with a body outline to shade or mark areas of pain. This tool helps clinicians understand the location and distribution of pain. It is particularly useful in conditions like fibromyalgia and neuropathic pain, where pain areas may be diffuse. However, pain drawings are subjective and may require subsequent validation through clinical interview and assessment [14].
2. **Physiological Measures:**  
While more common in laboratory settings, some clinicians might use physiological measures—like heart rate, blood pressure, and galvanic skin response—as indicators of pain responses. These measures can provide objective data to support the findings from self-reported pain tools, although they do not capture the individual experience of pain [14].

## Applications in Diverse Populations

Pain assessment tools are particularly important across varied populations, including children, the elderly, and those with chronic conditions.

- **In Pediatric Populations:** Tools that rely on visual aids, such as the FPS-R, are critical as children often lack the verbal skills to describe their pain adequately. Engaging methods such as play or art may also be implemented alongside these tools to elicit a clearer understanding of pain in young patients [15].
- **In Geriatric Patients:** With age-related changes in cognition and communication, pain assessment in older adults necessitates the use of tools that account for cognitive impairments. The use of validated scales, such as the PAINAD (Pain Assessment in Advanced Dementia), allows for more effective recognition of pain in those who may not accurately self-report.
- **In Chronic Pain Conditions:** Patients dealing with chronic conditions, such as arthritis or fibromyalgia, may have fluctuating pain levels. Tools like the BPI or MPQ can be valuable, offering insights

not only into current pain but also how it impacts the patients' overall functioning and well-being [15].

## Adult Pain Assessment Scales: A Comparative Analysis:

Pain, universally recognized as a complex and subjective experience, plays a pivotal role in the assessment and management of patient care within emergency nursing. Given the acute and often unpredictable nature of pain in the emergency setting, nurses have increasingly relied on structured pain rating scales to quantify patients' pain levels, assess the effectiveness of interventions, and enhance communication among healthcare providers [16].

Pain is not merely a symptom; it is a multifaceted phenomenon influenced by physiological, psychological, and cultural factors. Acute pain, which often presents in emergency situations, can result from trauma, surgery, or sudden health conditions, posing a particular challenge for healthcare professionals. The subjective nature of pain complicates its assessment, as patients may respond differently to similar stimuli based on individual pain thresholds, past experiences, and emotional states [16].

Emergency nurses are on the frontline, tasked with rapidly determining the severity of a patient's pain to inform immediate treatment decisions. The use of standardized pain rating scales has become instrumental in this endeavor, allowing for a more systematic approach to pain assessment, which is vital for effective pain management and patient outcomes.

The Numerical Rating Scale (NRS) is one of the most commonly employed pain assessment tools in clinical settings, particularly in emergencies. Patients are asked to rate their pain on a scale from 0 to 10, where 0 signifies no pain and 10 represents the worst possible pain. The NRS is lauded for its simplicity and ease of use, enabling rapid assessment of pain levels. It requires minimal training and can be administered verbally or through written materials, making it suitable for a diverse patient population [17].

The Visual Analog Scale (VAS) represents pain on a continuum, typically illustrated as a 100 mm line with descriptors like "no pain" at one end and "worst

pain imaginable” at the other. Patients mark their pain level along the line, providing a graphic representation of their discomfort. While the VAS offers a precise measure of pain intensity, it may be less effective in certain populations, such as the elderly or those with cognitive impairments, who may struggle to understand or utilize the scale appropriately [18].

Designed primarily for use with children, the Wong-Baker FACES Pain Rating Scale has gained traction in emergency nursing as a tool for patients who may have difficulty articulating their pain. This scale employs a series of facial expressions ranging from a smiling face representing "no pain" to a crying face indicating "the worst pain." Its visual nature allows for enhanced communication, particularly with patients who may be non-verbal or have language barriers. However, application in adult patients may vary, as the scale's primary design caters to younger demographics [18].

The McGill Pain Questionnaire (MPQ) is a comprehensive assessment tool that captures the complex nature of pain beyond mere intensity. This multidimensional questionnaire includes descriptors for sensory, affective, and evaluative dimensions of pain, allowing healthcare providers to understand not just the severity, but the quality of the patient's pain experience. However, its length and complexity may limit practicality in emergency settings where rapid assessments are critical [19].

When evaluating the effectiveness of pain rating scales, one must consider their ability to accurately reflect a patient's experience in a time-sensitive environment. The NRS is prominently favored due to its simplicity and speed, making it particularly useful in high-pressure situations. In contrast, the VAS, despite offering a precise measurement, may be time-consuming for both the patient and the clinician, which could deter its use in emergencies [20].

The Wong-Baker FACES scale enhances communication with diverse populations but may not fully capture the nuances of pain in adult patients. Meanwhile, while the MPQ provides a more nuanced understanding of pain, its applicability in emergencies is limited due to its length and the time required for completion [20].

Ease of use is a vital consideration in emergency nursing, where time is of the essence. The NRS is

the most user-friendly, requiring no special training and allowing for rapid administration. In comparison, the VAS necessitates a more substantial cognitive understanding from patients, and the MPQ may require additional training for staff to interpret effectively.

Training is less of an issue with the Wong-Baker scale, as its visual nature simplifies understanding. However, emergency settings often prioritize rapid assessment, meaning that the use of such tools must not come at the expense of timely care [21].

A critical factor in the utilization of pain rating scales is their applicability across different patient populations, including the elderly, non-verbal patients, and individuals with cognitive impairments. The NRS and Wong-Baker scales are more universally applicable due to their simple language and visual identification, but may not adequately address the needs of those requiring more detailed pain assessments, such as individuals with chronic pain conditions.

Contrastingly, the VAS can be less effective among individuals who have difficulty with abstract thinking, while the MPQ is less practical in time-constrained environments. Thus, understanding a patient's unique context is imperative when determining which scale to utilize [21].

### **Pediatric Pain Assessment: Tools and Techniques:**

Pain is a complex and subjective experience that can significantly impact the overall well-being of children, particularly in emergency situations where timely and effective management is crucial. Accurately assessing pain in pediatric patients is vital for emergency nurses to ensure appropriate interventions and to enhance the quality of care provided [22].

Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. In children, the perception of pain can be influenced by numerous factors, including age, developmental stage, previous experiences, and emotional state. Despite these variables, it remains critical for healthcare providers to recognize that children feel pain, and their reports of pain should always be taken seriously. Additionally, children's ability to communicate their pain might differ significantly from adults,

necessitating specialized assessment techniques tailored to their unique needs [23].

Pain assessment in children is essential not only for providing effective pain relief but also for assessing the underlying conditions that may be causing the pain. In emergency settings, optimal pain assessment can lead to more accurate diagnoses and appropriate treatments, decrease the risk of unnecessary suffering, and enhance the overall patient experience.

Inadequate pain control can lead to a range of negative consequences, such as increased physiological stress responses, impaired recovery, and long-term psychological effects, such as anxiety or post-traumatic stress disorder. Moreover, children may exhibit behavioral signs of pain rather than verbalize it, making it essential for emergency nurses to utilize a combination of observational skills and validated assessment tools [23].

### Pain Assessment Tools

A variety of tools and techniques are available for assessing pain in children, each designed to accommodate different age groups and developmental stages. The primary tools include:

1. **Self-Report Tools:** These tools allow children, typically those aged 3 years and older, to articulate their own pain experiences. Common self-report tools include:
  - **Numeric Rating Scale (NRS):** For children aged 8 years and older, the NRS allows patients to rate their pain intensity on a scale typically ranging from 0 to 10.
  - **Visual Analog Scale (VAS):** This tool involves a line with endpoints labeled "no pain" and "worst pain imaginable." Children mark their level of pain along the line.
  - **Faces Pain Scale-Revised (FPS-R):** A widely used scale featuring illustrated faces that represent various pain levels. It is particularly useful for younger children who may struggle with numerical scales [24].

2. **Observer-Dependent Tools:** For infants and pre-verbal children, self-reporting is not feasible. In these cases, nurses must rely on observational tools, such as:

- **FLACC Scale:** The FLACC (Face, Legs, Activity, Cry, Consolability) scale assesses pain based on five criteria observed in children aged 2 months to 7 years. Nurses score each of the five categories to establish an overall pain score.
- **COMFORT Scale:** This scale evaluates pain and distress by observing facial expressions, body movements, and vital signs. It is appropriate for use in critically ill or unconscious children [25].

3. **Physiological Measures:** Although not exclusively diagnostic, physiological changes such as increased heart rate, elevated blood pressure, and altered respiratory patterns can provide supplementary information about a child's pain level. However, it is important to interpret these indicators with caution, as they can also be affected by anxiety and other medical conditions [25].

### Techniques for Effective Pain Assessment

In addition to utilizing appropriate pain assessment tools, emergency nurses must adopt several techniques to enhance their assessment capabilities:

1. **Developmentally Appropriate Communication:** Nurses should modify their communication styles based on the child's age, developmental level, and cognitive abilities. Use of simple language, engaging children through play, and involving caregivers in discussions can facilitate a better understanding of the child's pain [26].
2. **Creating a Child-Friendly Environment:** A welcoming and safe environment can reduce anxiety and help children feel more comfortable reporting their pain. Utilizing age-appropriate distractions, such as toys, books, or

technology, can ease the assessment process [26].

3. **Multidisciplinary Approach:** Collaborating with other healthcare professionals, including pediatricians, child life specialists, and psychologists, can provide comprehensive pain assessments and management plans tailored to individual children.
4. **Continuous Monitoring:** Pain assessment is not a one-time event; it requires ongoing evaluation throughout the care process. Emergency nurses should frequently reassess pain levels after interventions to determine the efficacy of treatment and make necessary adjustments [27].
5. **Educating Caregivers:** Families play a crucial role in pain assessment, especially for younger children. Educating caregivers on the signs of pain and how to communicate effectively with healthcare providers can improve assessment outcomes and foster collaborative care [27].

### Challenges in Pain Assessment

Pain assessment in pediatric emergency nursing is fraught with challenges. Children may struggle to articulate their pain due to age, developmental delays, or cultural factors. Additionally, the high-stress environment of emergency care can complicate assessments, as fear and anxiety may alter a child's ability to communicate effectively. Moreover, healthcare disparities, varying family dynamics, and differing cultural beliefs about pain and its expression can also influence assessment and management strategies [28].

### Assessment of Pain in Non-Verbal Patients:

Pain is a complex phenomenon that elicits profound emotional, psychological, and physical responses. For healthcare providers, accurately assessing pain in patients is essential for effective pain management and improving overall patient outcomes. Although patients can often communicate their pain levels effectively through self-reporting, this task becomes considerably more challenging when dealing with non-verbal patients. This includes individuals such as infants, the elderly with cognitive impairments or dementia, patients with

severe physical disabilities, and those under sedation. Understanding the unique approaches and methodologies for assessing pain in these populations is crucial for delivering compassionate and effective healthcare [28].

Pain is subjective and multifaceted, often influenced by a variety of biological, psychological, and social factors. Non-verbal patients may experience pain just as acutely as their verbal counterparts; however, their inability to communicate can lead to undertreatment and inadequate pain relief. Non-verbal patients might express discomfort through non-linguistic means, such as facial expressions, body posturing, or physiological signs. Therefore, understanding the behavioral and physiological indicators of pain is crucial for healthcare providers [28].

Inadequate pain management can have severe consequences, including impaired recovery, prolonged hospital stays, and increased healthcare costs. Moreover, unrelieved pain can lead to significant psychological effects, such as anxiety and depression. It is essential for healthcare providers to implement systematic strategies to assess pain accurately and to address the unique needs of non-verbal patients. The ethical obligation to assess and treat pain necessitates the development of reliable methods for these vulnerable populations [29].

One of the most effective ways to assess pain in non-verbal patients is through behavioral indicators. Observations of facial expressions, vocalizations, and body movements can provide insights into a patient's pain levels. For example, the presence of grimacing, moaning, or crying can indicate discomfort. Additionally, body movements such as flinching, guarding, or withdrawing from touch can be reflective of pain experiences [29].

### Pain Assessment Tools for Non-Verbal Patients

Several standardized assessment tools have been developed specifically for assessing pain in non-verbal patients. These tools typically focus on observational methods and can be broadly categorized into two types: behavioral pain scales and physiological pain scales.



## 1. Behavioral Pain Scales:

- **FLACC Scale (Face, Legs, Activity, Cry, Consolability):** This scale is widely used for children and non-verbal patients. It scores the patients on five criteria: facial expression, leg movement, activity level, crying, and consolability, with scores ranging from 0 to 10, where higher scores indicate more severe pain.
- **NIPS Scale (Neonatal Infant Pain Scale):** Designed specifically for infants, this scale assesses facial expressions, arm movements, leg movements, cry, and state of arousal to determine pain levels.
- **PAINAD (Pain Assessment in Advanced Dementia):** This tool is used for assessing pain in patients with advanced dementia. It observes breathing, negative vocalization, facial expression, body language, and consolation [30].

## 2. Physiological Pain Scales:

- While behavioral scales are more common, physiological indicators such as heart rate, blood pressure, and respiratory rates can also serve as indirect measures of pain. Significant deviations from baseline measurements can indicate the presence of pain, although this method is less specific and may be influenced by other factors [31].

## Incorporating Multidisciplinary Approaches

The assessment of pain in non-verbal patients often benefits from a multidisciplinary approach. Collaboration among healthcare professionals such as nurses, physicians, occupational and physical therapists, and psychologists can lead to a more comprehensive understanding of a patient's pain experience. This teamwork can facilitate information sharing regarding patient history,

behavioral observations, and specific interventions tailored to pain management. Furthermore, family members can provide valuable insights into the baseline behaviors of non-verbal patients, assisting caregivers in recognizing deviations that may suggest discomfort [32].

Cultural influences can significantly affect how patients express and perceive pain. Different cultures may have different norms regarding the expression of pain, and these norms can impact the assessment process. Healthcare providers should be aware of cultural sensitivities and differences in pain expression. A culturally competent approach that values the patient's background can improve the accuracy of pain assessments and enhance trust in the patient-provider relationship [32].

Emerging technologies are enhancing our ability to assess pain in non-verbal patients. Wearable devices equipped with sensors can monitor physiological indicators such as heart rate variability, skin temperature, and galvanic skin response, providing real-time data on a patient's pain levels. Artificial intelligence and machine learning can also analyze patterns in behavioral data to predict pain episodes, aiding clinicians in proactive interventions. While these technological advancements hold promise, ethical considerations regarding privacy and consent must be carefully navigated.

Pain management in non-verbal patients raises significant ethical questions. The inability to communicate pain verbally can lead to situations where patients may endure suffering without adequate relief. Providers face the ethical obligation to ensure these patients receive appropriate assessment and treatment, relying on best practices, established guidelines, and an individualized approach. Furthermore, informed consent for pain management interventions should be sought from surrogate decision-makers or family members when patients cannot articulate their preferences [33].

## Integrating Technology in Pain Assessment Practices:

Pain assessment is a critical component of emergency nursing, where swift decision-making often dictates the outcomes for patients experiencing acute or chronic pain. Effective pain management in emergency settings is increasingly recognized as a pivotal aspect of delivering high-quality patient care. In this context, integrating technology into pain

assessment practices in emergency nursing not only enhances the accuracy and efficiency of evaluations but also promotes better patient outcomes and satisfaction [34].

Pain is a complex and subjective experience that varies significantly among individuals. In emergency settings, nurses are expected to assess pain swiftly and accurately to ensure appropriate management and treatment. The Joint Commission emphasizes that pain management should be assessed as a vital sign, underscoring the necessity for standardized practices in evaluating and documenting pain levels. Traditional pain assessment methods, such as self-reporting scales (like the Numeric Rating Scale or Wong-Baker FACES Scale), have long been relied upon. However, these methods can be influenced by various factors, including a patient's communication abilities, mental status, and cultural background, potentially leading to inadequate treatment outcomes [35].

The evolution of technology over the past decades has provided innovative solutions to several challenges inherent in traditional pain assessment methods. The integration of technology into emergency nursing offers multiple advantages, including increased accuracy, enhanced patient engagement, efficient data collection, and improved communication among healthcare providers. Here are several key technologies that are reshaping pain assessment practices within emergency nursing:

EHR systems have transformed the way patient data is collected and shared in emergency departments. EHRs allow for real-time documentation of pain assessments, ensuring that pain scores and management strategies are readily available to all members of the healthcare team. By standardizing pain assessment protocols within EHR systems, nurses can document and retrieve pain scores efficiently, which aids in tracking a patient's progress over time and helps inform ongoing treatment decisions [36].

Mobile health applications are increasingly being utilized for pain assessment in emergency nursing. These applications provide patients with user-friendly platforms to report their pain levels, symptoms, and any other relevant information directly from their smartphones or tablets. Some apps even offer visual aids, such as pain diagrams,

to assist patients in pinpointing areas of discomfort. This direct and immediate communication fosters patient engagement and allows for real-time adjustments to pain management plans [37].

Telemedicine technologies have gained prominence, especially in the wake of the COVID-19 pandemic. In emergency departments, telemedicine can be used for virtual consultations with specialists regarding complex pain management issues, such as chronic pain syndromes. By leveraging telehealth services, nurses can obtain additional insights into a patient's pain condition, refine assessment strategies, and implement more tailored pain management interventions [38].

Wearable devices equipped with biosensors can monitor physiological indicators such as heart rate, blood pressure, and electrodermal activity, which may correlate with pain perception. These devices can provide nurses with objective data that complements traditional pain assessments. For instance, changes in vital signs may indicate a patient's level of discomfort, allowing for more responsive and timely interventions. Moreover, wearables can alert healthcare providers to significant changes in a patient's condition that may warrant immediate attention [39].

Integrating technology into pain assessment practices also allows for the development of novel assessment techniques that enhance accuracy and reliability. For example, artificial intelligence (AI) algorithms are being explored to analyze patterns in patient data to predict pain levels. By employing machine learning models trained on a vast range of pain profiles, personnel can evaluate pain more dynamically, considering multiple factors such as patient history, demographic details, and clinical indicators [40].

Moreover, Virtual Reality (VR) is being investigated as an adjunctive tool for pain assessment. VR technology has been shown to distract patients from pain and anxiety during procedures, while also providing immersive environments that could aid in pain reporting. These novel methods not only enhance the assessment experience but also facilitate patient cooperation during evaluations [41].

Despite the numerous advantages offered by technology in pain assessment practices, several

challenges must be addressed to realize its full potential. Ethical implications surrounding patient privacy and data security are at the forefront. Adequate training for nursing staff on technology use is crucial to ensure that these tools are employed effectively. Furthermore, disparities in access to technology among patients may lead to inequities in pain assessment and management, emphasizing the necessity for nurses to develop culturally competent practices when integrating technology into their workflows [42].

As technology continues to evolve, the future of pain assessment in emergency nursing appears promising. It is essential to conduct further research into the reliability and validity of new assessment tools and to establish best practices that ensure seamless integration into existing workflows. Continued collaboration between emergency nurses, information technology specialists, and healthcare administrators will be vital in addressing the challenges and leveraging technological advancements to enhance pain assessment practices [43].

#### **Future Directions and Innovations in Pain Assessment in Emergency Nursing:**

Pain assessment in emergency nursing poses one of the most significant challenges within healthcare, particularly owing to the context in which care is provided. Unlike other areas of medical practice, emergency departments (EDs) must contend with a diverse range of patients, varying levels of acuity, and often, intractable pain experiences resulting from acute conditions, trauma, or exacerbations of chronic illnesses. The effective management of pain is crucial not only for patient comfort but also for optimizing outcomes and facilitating recovery. As we look to the future of pain assessment in emergency nursing, numerous innovations and evolving practices are paving the way for improved patient care [44].

Modern pain assessment methodologies typically employ a combination of self-reported scales, observational tools, and physiological indicators to evaluate pain intensity and impact. Commonly used tools include the numeric rating scale (NRS), the visual analog scale (VAS), and the Wong-Baker FACES pain rating scale. These instruments are designed to accommodate varying levels of patient communication abilities, including those who may

be nonverbal or unable to express their pain adequately due to either cognitive impairment or pain severity [45].

Despite the availability of such tools, challenges persist in the universal application of these assessment methods, particularly in emergency settings where rapid evaluations are paramount. Factors such as language barriers, cultural differences, and the chaotic environment of an ED can all contribute to inadequate pain assessments. Hence, there is a pressing need for refined methodologies that not only increase the accuracy of pain measurement but also respect the unique characteristics of emergency care [46].

The advent of technology is transforming nearly every facet of healthcare, and pain assessment in emergency nursing is no exception. Innovations such as mobile health applications and integrated electronic health records (EHR) allow for immediate and more precise documentation of pain levels. Advanced wearable devices capable of monitoring physiological parameters, such as heart rate and skin conductance, may also provide real-time insights into a patient's pain levels without relying solely on self-reported measures [47].

For example, smartwatches and biosensors can track physiological markers that correlate with pain, offering healthcare providers objective data to supplement traditional assessment scales. This could be particularly useful in situations where patients struggle to communicate due to language constraints, cognitive impairment, or severe pain [48].

Artificial Intelligence (AI) and machine learning could revolutionize pain assessment protocols in emergency nursing. By analyzing vast amounts of patient data, AI algorithms may identify patterns associated with pain experiences, allowing for the creation of algorithms that predict pain levels based on historical data and real-time input. For instance, machine learning models can be trained to interpret various patient responses—including facial expressions, vocalizations, and physiological measurements—to provide a comprehensive assessment of a patient's pain state.

Incorporating AI into triage processes could also improve the efficiency of pain assessments, ensuring that care providers are alerted to patients in severe

pain more quickly, ultimately expediting intervention [49].

Emerging research into biomarkers for pain presents an exciting frontier in pain assessment. Studies have indicated that certain biochemical markers may correlate with pain intensity, leading to the development of blood tests or other biosamples that can provide objective measurements of pain levels. If validated through rigorous research, this approach could radically transform pain assessment in the ED, allowing for rapid and reliable quantification of pain that transcends subjective reports [50].

Comprehensive education and training for emergency nurses are vital to improving pain assessment and management. As understanding of pain as a complex multidimensional experience grows, nursing education must evolve consequently. Future training programs may focus on developing strong interpersonal skills to enhance communication and foster a more profound empathetic understanding of patients' pain experiences. Additionally, education that integrates technology training—for example, on the use of AI tools and mobile applications—will be crucial for equipping nurses to utilize forthcoming innovations effectively [51].

Innovative pain assessment in emergency nursing must also embrace a multi-disciplinary approach. Collaboration with psychologists, social workers, and pain specialists will enrich pain assessments by incorporating various perspectives and methodologies. This approach could facilitate comprehensive pain management strategies that address the physical, emotional, and psychological aspects of pain, thereby enhancing the overall effectiveness of nursing care [52].

As we advance into a more globally connected society, understanding the cultural aspects of pain becomes ever more pertinent. Future pain assessment tools should consider the cultural and contextual variances in pain perception and expression. Development of culturally competent assessment tools that recognize diverse backgrounds and values will be essential in providing individualized care that respects patients' unique experiences of pain [53].

## Conclusion:

In conclusion, effective pain assessment in emergency nursing is paramount for delivering high-quality patient care and improving outcomes. This study highlights the diverse range of pain assessment tools available, emphasizing their importance in accurately gauging pain levels across various patient populations, including adults, children, and non-verbal individuals. Standardized tools such as the Numeric Rating Scale and the Wong-Baker FACES Scale have proven essential for enabling timely and appropriate interventions. Furthermore, the integration of technology in pain assessment practices enhances the accuracy and efficiency of these evaluations, fostering better communication among healthcare teams.

As the field of emergency nursing continues to evolve, ongoing research and innovation in pain assessment strategies are critical. Future developments should focus on refining existing tools, exploring multimodal approaches, and ensuring that pain assessment practices are adaptable to the unique needs of patients in high-stress environments. Ultimately, prioritizing robust pain assessment not only alleviates suffering but also enhances the overall quality of care in emergency settings, underscoring its vital role in holistic patient management.

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