J0410: Pain Frequency

J0410.	Pain Frequency

Enter Code

☐

Ask resident: *"How much of the time have you experienced pain or hurting over the last 5 days?"*

    1.   **Rarely or not at all**
    2.   **Occasionally**
    3.   **Frequently**
    4.   **Almost constantly**
    9.   **Unable to answer**

Steps for Assessment

Ask the resident: "How much of the time have you experienced pain or hurting over the last 5 days?" Staff may present response options on a written sheet or cue card. This can help the resident respond to the items.

If the resident provides a related response but does not use the provided response scale, help clarify the best response by echoing (repeating) the resident's own comment and providing related response options. This interview approach frequently helps the resident clarify which response option *they* prefer.

If the resident, despite clarifying statement and repeating response options, continues to have difficulty selecting between two of the provided responses, then select the more frequent of the two.

Coding Instructions

Code for pain frequency over the last 5 days.

Code 1, *Rarely or not at all*: if the resident responds "*rarely*" to the question.

Code 2, *Occasionally*: if the resident responds "*occasionally*" to the question.

Code 3, *Frequently*: if the resident responds "*frequently*" to the question.

Code 4, *Almost constantly*: if the resident responds "*almost constantly*" to the question.

Code 9, *U*nable to answer: if the resident is unable to respond, does not respond, or gives a nonsensical response.

J0410: Pain Frequency (cont.)

Coding Tips

No predetermined definitions are offered to the resident related to frequency of pain.

>   The response should be based on the resident's interpretation of the frequency options.

>   Facility policy should provide standardized tools to use throughout the facility in assessing pain to ensure consistency in interpretation and documentation of the resident's pain.

Examples

When asked about pain, *Resident* C responds, "All the time. It has been a terrible week. I have not been able to get comfortable for more than 10 minutes at a time since I started physical therapy four days ago."

>   **Coding:** J0410 would be **coded 4, Almost constantly**.

>   **Rationale:** *Resident* C describes pain that has occurred "all the time."

When asked about pain, *Resident* J responds, "I don't know if it is frequent or occasional. My knee starts throbbing every time they move me from the bed or the wheelchair."

>   The interviewer says: "Your knee throbs every time they move you. If you had to choose an answer, would you say that you have pain frequently or occasionally?"

>   *Resident* J is still unable to choose between frequently and occasionally.

>   **Coding:** J0410 would be **coded 3, Frequently**.

>   **Rationale:** The interviewer appropriately echoed *Resident* J's comment and provided related response options to help *them* clarify which response *they* preferred. *Resident* J. remained unable to decide between frequently and occasionally. The interviewer therefore coded for the higher frequency of pain.

When asked about pain, *Resident* K responds: "I can't remember. I think I had a headache a few times in the past couple of days, but they gave me acetaminophen and the headaches went away."

>   The interviewer clarifies by echoing what *Resident* K said: "You've had a headache a few times in the past couple of days and the headaches went away when you were given acetaminophen. If you had to choose from the answers, would you say you had pain occasionally or rarely?"

>   *Resident* K replies "Occasionally."

>   **Coding:** J0410 would be **coded 2, Occasionally**.

>   **Rationale:** After the interviewer clarified the resident's choice using echoing, the resident selected a response option.

J0410: Pain Frequency (cont.)

When asked about pain, *Resident* M responds, "I would say rarely. Since I started using the patch, I don't have much pain at all, but four days ago the pain came back. I think they were a bit overdue in putting on the new patch, so I had some pain for a little while that day."

Coding: J0410 would be **coded *1, R*arely *or not at all***.

Rationale: *Resident* M selected the "*R*arely *or not at all*" response option.

J0510: Pain Effect on *Sleep*

J0510.	Pain Effect on Sleep

Enter Code

☐

Ask resident: *"Over the past 5 days, **how much of the time has pain made it hard for you to sleep at night?**"*
1. **Rarely or not at all**
2. **Occasionally**
3. **Frequently**
4. **Almost constantly**
8. **Unable to answer**

Steps for Assessment

Read the question and response choices exactly as they are written.

No predetermined definitions are offered to the resident. The resident's response should be based on their interpretation of frequency response options.

If the resident's response does not lead to a clear answer, repeat the resident's response and then try to narrow the focus of the response. For example, if the resident responded to the question, "Over the past 5 days, how much of the time has pain made it hard for you to sleep at night?" by saying, "I always have trouble sleeping," then the assessor might reply, "You always have trouble sleeping. Is it your pain that makes it hard for you to sleep?" The assessor can then narrow down responses with additional follow-up questions about the frequency.

Coding Instructions

Code for pain effect on sleep over the last 5 days.

Code 1, Rarely or not at all: *if the resident responds that pain has rarely or not at all made it hard to sleep over the past 5 days.*

Code 2, Occasionally: *if the resident responds that pain has occasionally made it hard to sleep over the past 5 days.*

Code 3, Frequently: *if the resident responds that pain has frequently made it hard to sleep over the past 5 days.*

Code 4, Almost constantly: *if the resident responds that pain has almost constantly made it hard to sleep over the past 5 days.*

Code 8, Unable to answer: *if the resident is unable to answer the question, does not respond or gives a nonsensical response.*

J0510: Pain Effect on Sleep (cont.)

Coding Tips

This item should be coded based on the resident's interpretation of the provided response options for frequency. If the resident is unable to decide between two options, then the assessor should code for the option with the higher frequency.

If the resident reports they had pain over the past 5 days and the pain does not interfere with their sleep (e.g., because the resident is using pain management strategies successfully), **code 1, Rarely or not at all**.

Examples

When asked, "Over the past 5 days, how much of the time has pain made it hard for you to sleep at night?" the resident replied, "I've had a little back pain from being in the wheelchair all day, but it felt so much better when I went to bed. The pain hasn't kept me from sleeping at all."

> **Coding:** J0510 would be **coded 1, Rarely or not at all**.

> **Rationale:** The resident reports pain has been present over the past 5 days but that they have had no sleep problems related to pain.

When asked, "Over the past 5 days, how much of the time has pain made it hard for you to sleep at night?" the resident responded, "All the time. It's been hard for me to sleep all the time. I have to ask for extra pain medicine, and I still wake up several times during the night because my back hurts so much."

> **Coding:** J0510 would be **coded 4, Almost constantly**.

> **Rationale:** The resident reports pain-related sleep problems "all the time" over the past 5 days, so the most applicable response is "Almost constantly."