

# Pain Assessment in Patients with Impaired Cognition, especially Dementia



Participating countries: BE, DE, DK, ES, FR, IT, IL, NL, NO, RO, UK

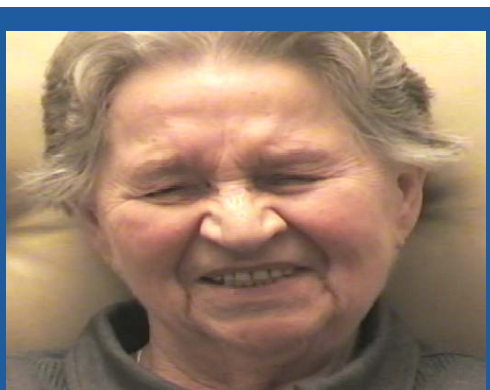
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Pain expression in a patient with dementia

## Objectives:

- The **main objective** of the Action is the development of a comprehensive and internationally agreed-on toolkit for assessing pain in adults with cognitive impairment, especially with dementia.

### Secondary objectives:

- preparing appropriate dissemination strategies for both toolkit and guidelines
- analyzing and, if possible, correcting scientific, social and political barriers against dissemination
- encouraging cross-national learning and consideration of cross-national differences in this process
- increasing the overall awareness for the deleterious situation of pain sufferers with cognitive impairment in the public and in bodies of experts

## Working Group 1 - Psychometrics and Algesimetry:

This WG will be responsible for evaluating the formal qualities of the existing scales and propose alternatives where necessary

## Working Group 2 - Nursing and Care:

This WG will assess the clinical/practical usability and usefulness of the tools for preparing and monitoring pain management.

## Working Group 3 - Clinical Evaluation and Epidemiology:

In this WG colleagues experienced in large-scale research and knowledgeable in the epidemiology of pain, dementia and similar conditions will participate. They will initiate and run the necessary clinical multi-centre and international population-based studies.

## Working Group 4 - Experimental Evaluation:

In this WG neuroscientists, physiologists, pharmacologists and neuropsychologists will participate and together they will provide experimental tests for the validity of the tools and for physiological markers of pain, which do not solely rely on self-report.

## Working Group 5 - Palliative Care:

This WG will focus on the particular challenge of assessing pain at the end of life when dementia is only one of many complicating factors for the quality of life.

## Main Achievements:

- The assembled tools will cover pain in general as well as the most prevalent specific forms of pain (toothache, headache, joint and back pain, etc.).
- The various stages of the disorders will be considered; particularly, specific tools for palliative care will be integrated into the toolkit
- Publication of guidelines for assessment by use of the toolkit and of clinical and experimental validation studies
- Development of training programs for nursing and medical staff