

STEADIER GROUND FIELD CARD

Agitated or Resistant During a Bedside Procedure

READ THE RESISTANCE AS PAIN FIRST

- PAINAD, the validated dementia pain scale, scores pushing away, striking out, and a rigid body as top-range pain indicators, not behavior.
- Where the resistance starts is a localization. Document it.
- Watch the face, not just the answer.

TRY SAYING

- "I'm going to touch your arm now." Every time.
- "Does this hurt? Show me where."
- "Can your daughter sit with you while I do this?"

AVOID SAYING

- "Almost done, hold still."
- Clinical talk across the bed to a colleague.

GETTING THE PROCEDURE DONE

1. Treat pain first, before resistance starts.
2. Cut the sensory load: fewer people, quieter voices.
3. Bring in family if available.
4. Ask whether it has to happen exactly now.

Restraint and sedation: set by your unit and your physician's orders.

Untreated pain: doesn't stop being pain once someone is held down.

find steadier ground

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