

Applying Orem's Theory of self care to Identify Effective pain management

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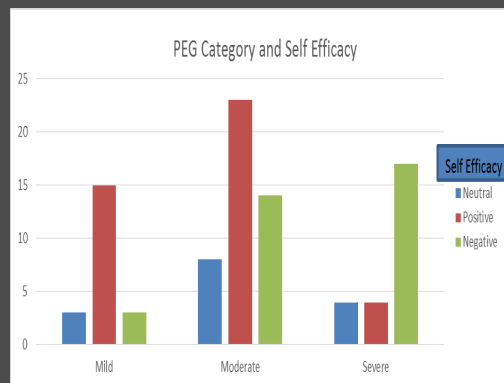


Assessment of low back pain community: Pain, Enjoyment of life, and General activity (PEG Score)

Evaluation: Have the patient's self-care needs been met

Planning: Can the patient meet their self-care needs; is the nursing intervention fully compensatory, partially compensatory or educational

Implementation: Doing/acting for the patient or guiding/teaching the patient



Pain score	No Rx	Opioid	NSAIDS	Total
Mild	5	5	19	29
Moderate	16	10	46	72
Severe	4	15	9	28
Total	25	30	74	129



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