



Service Priorities and Programmes Electronic Presentations

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Improved Pain Management for Paediatric Patients

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Introduction

Analgesic therapy for children should depend upon age, weight, and comorbidity, and involve a multimodal approach: not only include administration of two or more drugs via same route or by different routes, but also using different therapeutic options, such as epidural or intrathecal opioids, systemic opioid Patient-controlled-analgesia (PCA), and regional techniques after thoughtfully considering by anesthesiologist (American Society of Anesthesiologists, 2012). However, owing to limited exposure, choices of effective pain management strategies might be limited in paediatric care. A special pain management programme is designed for paediatric nurses with special emphasis on multimodal analgesic techniques in children, to fill up this service gap.

Objectives

1. After the training program, nurses will a. Acquire the knowledge in different analgesia for post-operation paediatric patients b. Acquire competencies in operation of 3 types PCA devices and related nursing procedures in paediatric ward setting c. Acquire competencies in post-operation pain management modalities i.e. epidural infusion/PCA, intravenous PCA or peripheral nerve blockade PCA in paediatric patient in addition to oral, suppository or subcutaneous routes, to meet clinical demand.

Methodology

Stakeholders (anesthesiologist, pain nurse, DOM of Operation Service, DOM/WM and nurse representative of paediatric department) are involved to: 1. Identify the gap of post-operative pain management in paediatric departments: a. Anesthesiologist would like to provide more pain management modalities; b. Paediatric department willing to acquire competence on related pain management c. Paediatric department would like to have the pain management nursing standard as other general clinical settings 2. Determine programme outcomes.

Result

The programme composed of one tutorial session (3.5 hours) and one return demonstration session (1.5 hours). There were 39 participants. To maximize the acquisition of pain management knowledge and skill on different types PCA device

operation, respective PCA device were kept in paediatric wards and supplemented with on-line PCA devices training kit for practice and maximize familiarity. From the programme evaluation, around 80% participants satisfied with the teaching method. The application of post-operative pain management strategies for paediatric patient has been increased beyond oral, suppository and subcutaneous routes after the training programme. In addition, emotional component of pain in infants and children is also emphasized and should be applied whenever appropriate.