



Service Priorities and Programmes Electronic Presentations

Convention ID: 1063

Submitting author: Miss Lee Mei Hing

Post title: Advanced Practice Nurse, Ruttonjee & Tang Shiu Kin Hospitals, NULL

Enhancement program for acute pain management

*Lee MH, Tong YHG, Ng LKM, Ng ML, Chan MK, Chow CM, Jodie Kwong, Ivy Lam, Fu KS, Lam KY, Chan PC, Kermit Chan, Quiteria Mok
Surgical Department, Ruttonjee and Tang Shiu Kin Hospitals*

Keywords:

acute pain management

Introduction

Pain is a pivotal factor in effective management. Pain is a mixture of physiological and psychological components and thus, providing rapid pain relief for pain is paramount. Hence, accurate assessment, timely pharmacological treatment and non-pharmacological interventions should be implemented. Pain management is also essential in postoperative care, which can inhibit patients from fast recovery and thus is vital to well educate patients about the basis of pain management, with elaboration on self pain report for further reinforcement. The enhancement program aims to enhance nursing staffs' competence through self-learning and training sessions. With better patients' inculcation, we hope to raise the awareness for pain for patients.

Objectives

1.To better equip staff and develop suitable framework and systematic workflow for pain management 2.To empower patient and /or family members through better education

Methodology

Preparation 1.Invite and initiate the acute pain management committee
2.Develop nursing guide, pain ruler, education booklet and visual aid kit through literary research 3.Prepare pre- and post-program questionnaires Execution
1.Complete "Introduction on Pain Management" e-learning course 2.Conduct staff education program and workshop on pain management devices with post-program questionnaire 3.Distribute education kit 4.Complete ward education board on post-operative pain management Evaluation 1.Complete post-program questionnaire for participants 2.Evaluate the effectiveness of the program

Result

Results: The program was piloted in two general surgical wards and one orthopedic ward from December 2015 to January 2016. Over 85% of the staff agreed that there is adequate guidance in pain assessment and management. 54% agreed that pain ruler is useful in educating patients. 90% agreed that booklets and desk calendar style education booklets are helpful as standardized approach of pre and post-operative education. 78% felt confident in managing patient's pain after program. For patient evaluation, over 95% agreed that materials provided before operation is helpful. 94%

reported that pain assessment method provided made it easier for evaluation. Over 88% agreed that the desk calendar style education booklets strengthened their knowledge on pain control. 92% agreed that the technique of protecting wound can promote the recovery after surgery. A majority agreed that information provided e.g. the effect and side effect of pain medication, relaxation method is useful and educational for them. Conclusion: This program is helpful to staff as well as patients to gain knowledge and confidence to manage post-operative pain. And the eventual target of this program is to establish a self-sufficient platform for better comprehension of pain.