



## Service Priorities and Programmes Electronic Presentations

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### **Promotion of pain control in general medical inpatients by Pain Link nurses**

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#### **Keywords:**

Promotion of pain control in general medical ward

#### **Introduction**

Hong Kong survey data estimated the prevalence of chronic pain to affect 10.8% of the population in 2000 and 35% in 2007. Without doubt, pain is not uncommon in general medical inpatients and pain relieving strategy reflects the quality of care given by health care workers. In particular, nurses play an essential role in systemic pain assessment and coordination of care. Since October 2015, Pain Link Nurses have been assigned in each ward to receive a series of self-directed learning and training to enhance their knowledge of pain management.

#### **Objectives**

To promote pain assessment, nursing interventions and coordinated care for general medical inpatients.

To increase Pain Link nurse's awareness and engagement in daily pain management.

To optimize pain control in general medical ward.

#### **Methodology**

A Log-book exercise was designed for Pain Link nurses to apply clinical knowledge in real life practice. ' Flow Chart of nursing intervention on pain management ' was used as a guide in handling common pain conditions.

From 1 to 31 October 2016, general ward inpatients were given pain assessment by Pain Link nurses in their own wards when on-duty. Patients who presented with pain on Verbal Rating Scale (VRS) =>2 were offered nursing interventions in the Log book exercise, including monitor of the need and administration of pro re nata (PRN) analgesics, non-pharmacological support, education, communication with multi-disciplines and on-going pain assessment.

#### **Result**

In the Log-book exercise, 21 patients were recruited. The average pain score for all patients decreased from 2.3 on admission to 1.3 upon discharge. Among the patients, 62% was pain free or had pain control to their acceptance level when discharge.

Besides, pain score remained unchanged in 38% of patients. No patients had the pain got worse.

Fifty per cent of patients who had PRN order of analgesics were given breakthrough

doses by nurses, resulting in greater reduction of pain score from baseline -1.5 vs -0.8. Majority of patients 76% received emotional support and education from nurses. The Log-book provides a useful framework for nurses to put theory into daily practice, improve outcome and effectiveness of pain management before patient discharge. Pitfalls in clinical management were identified for staff education in the future. Ultimately, quality of patient care is enhanced via the professional development of ward-based Pain Link Nurses.