

The Nurse's Role in Pain Management

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Effective pain management is a moral imperative, a professional responsibility, and the duty of people in the healing professions.

- Stanford Healthcare



The purpose of this study was to evaluate whether or not a handout provided of the patient's pain regimen and verbal education by the registered nurse improved pain levels and met pain goals during inpatient hospitalization.



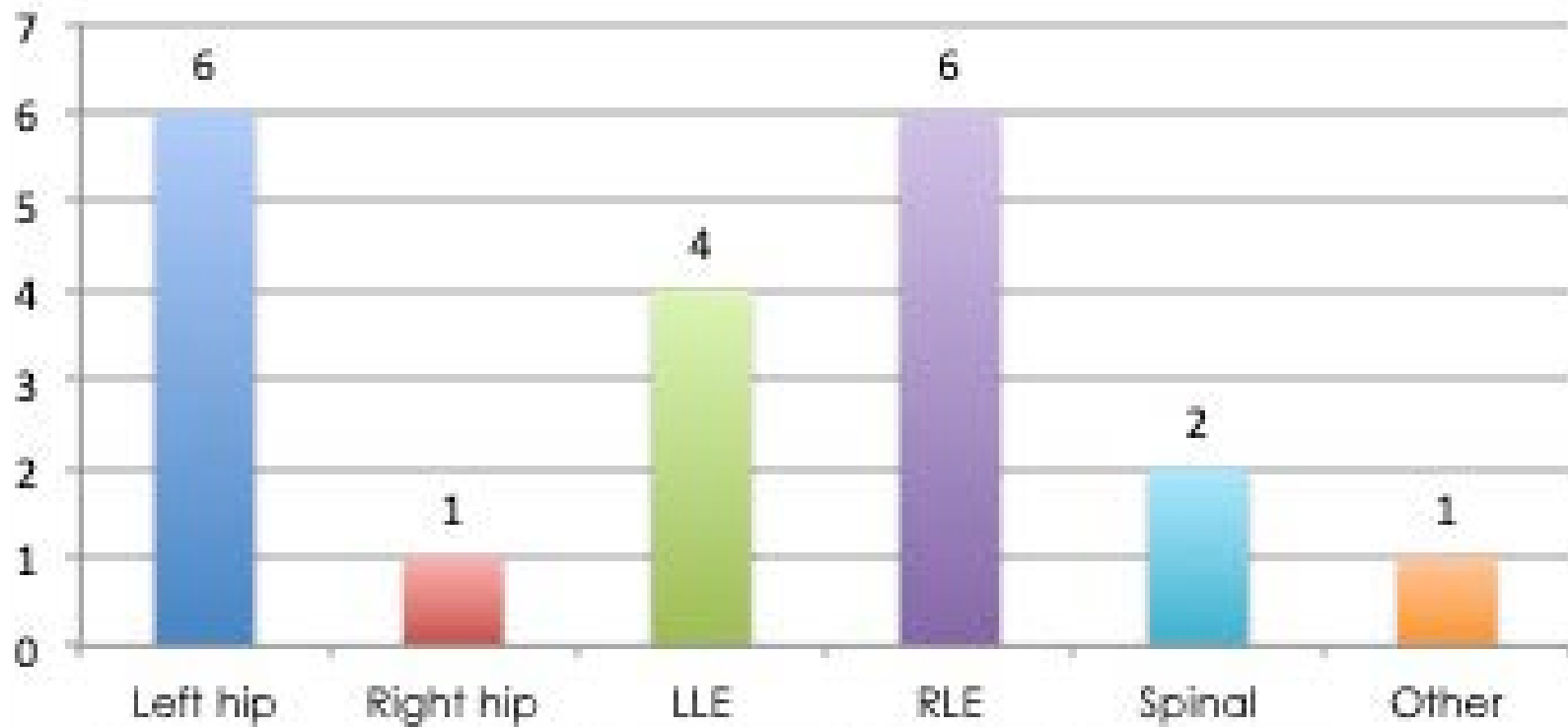
STUDY DESIGN AND METHODOLOGY:

Descriptive statistics of a small sample size was utilized for this quality improvement project. Integrating the PDSA method, the previous stated inclusion criteria was retrieved from 10 historical patients that were admitted within the past year and 10 current admitted patients.





DIAGNOSIS BREAKDOWN





SURVEY:

Within 24 hours of admission, the patient will be handed a form asking the following questions:

- » On a scale from 1- 10, what is your current pain level?
- » On a scale from 1-10, what is your pain goal? (A pain goal is a level of pain that you are able to tolerate during your hospitalization while still being able to participate with your physical and occupational therapies).
- » Have you received education on your pain medicine prior to this rehabilitation admission? YES or NO
- » Are you aware of what pain medications you have at this time? YES or NO



SAMPLE OF PATIENT'S PAIN REGIMEN HANDOUT

Medication: Ibuprofen 600 mg

Frequency: Every 6 hours

When: Your pain level is between 1 – 3 OR 4-6

Medication: Norco 10-325

Frequency: Every 6 hours as needed

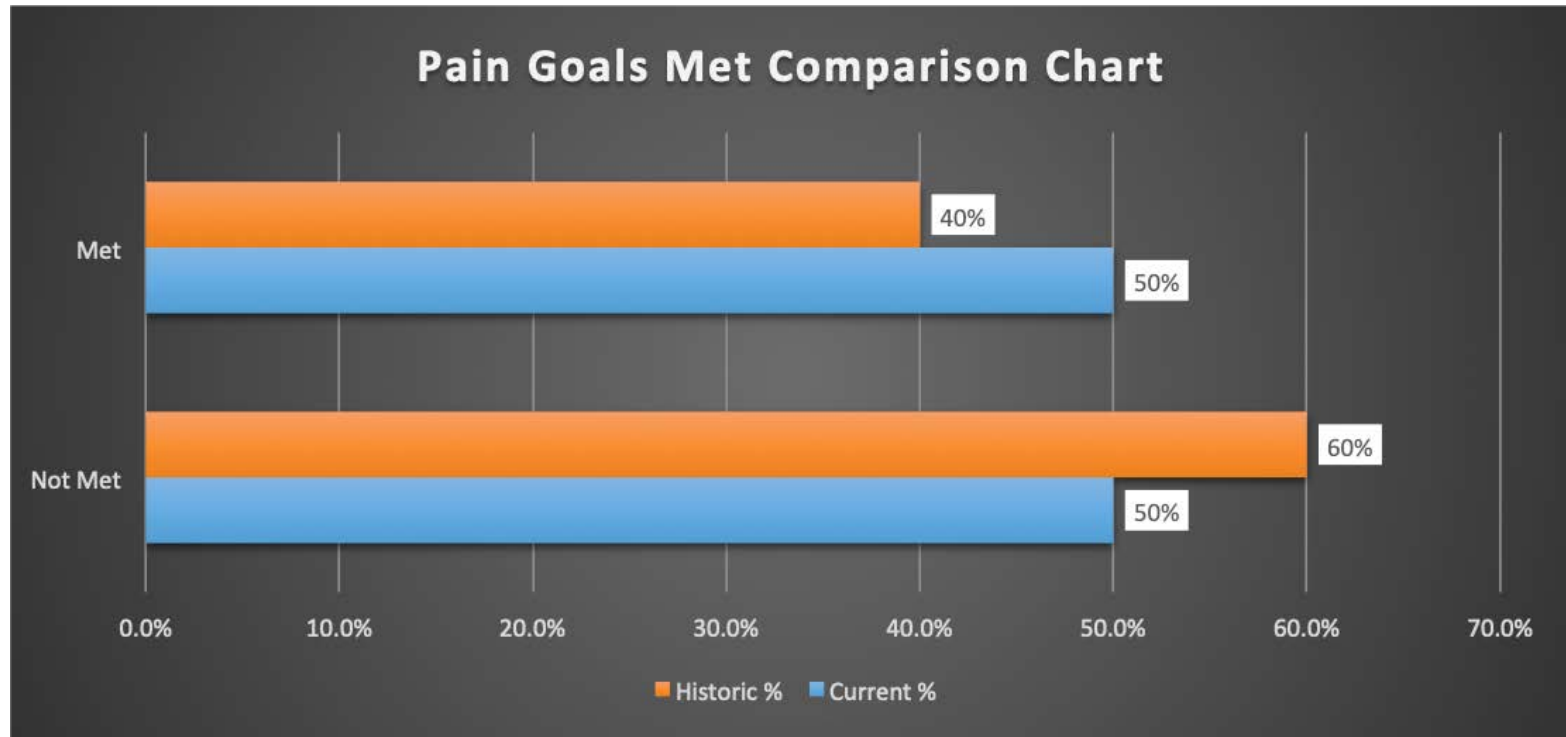
When: Your pain level is between 7 – 10

Medication: Dilaudid 2 mg

Frequency: Every 2 hours as needed



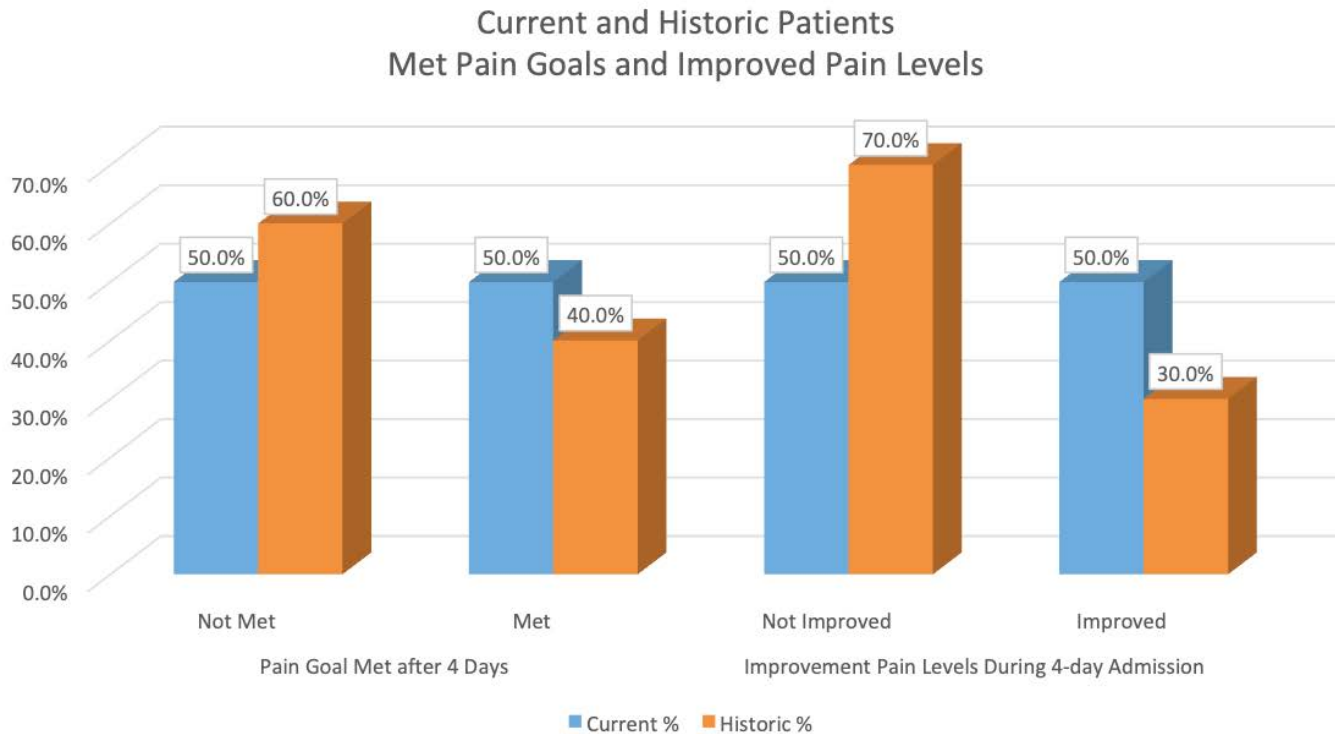
DATA ANALYSIS:



- 50% of current hospitalized patients met their pain goals
- 40% of historical patients met their pain goals.



DATA ANALYSIS:



- 50% of current patients had improved pain levels within 4 days of admission.
- 30% of historical patients had improved pain levels within 4 days of admission.



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