The Impact of a Non-pharmacological Pain Management Check List.

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Background

- Observation for the improvement of pain management utilizing non-pharmacological pain interventions
- Potential complications from not meeting patient’s comfort/acceptable pain level
- Patient’s lack of knowledge regarding non-pharmacological interventions
- Ability to increase HCAHPS ratings by meeting patient’s comfort/acceptable pain level
  - The pre intervention data showed below from MRR, both units pain was controlled.
  - However, it was important to examine further because patients on both unit experience pain often.
- New Joint Commission standards for pain assessment and pain management specifically look for the use of non-pharmacological interventions. (Joint Commission, 2017)

PICO Question

In the hospitalized medical-surgical patient experiencing pain, does a nursing checklist for non-pharmacological pain interventions versus no nursing checklist for non-pharmacological pain interventions better control the patient’s pain by achieving their stated Comfort/Acceptable Pain Level?

PICO

- P - Hospitalized medical-surgical patient experiencing pain
- I - Nursing checklist for non-pharmacological pain interventions
- C - No nursing checklist for non-pharmacological pain interventions
- O - Better control the patient’s pain by achieving their stated Comfort/Acceptable Pain Level

Evidence

- Pain is often undertreated (Bauer)
- Gaps in routine patient pain scores and actual patient control exist (Akkaya, 2009)
- Studies show that many non-pharmacological pain control methods are effective
- Poor pain control may lead to decreased mobilization, DVTs, PEs, pneumonia, atelectasis, urinary retention, bowel obstruction, and prolonged hospitalization. (Agency for Health Care Policy and Research 1992)

Implementation Plan/Methods

- Inclusion Criteria: Nurses who work on 7A Neuroscience and 5A Transitional Trauma Unit were educated on the use of a non-pharmacological intervention checklist
- Education provided to nurses via: TLC, non-pharmacological pain management checklist, and also communicated to nurses during daily unit safety huddles.
- Pain management checklist:
  - outlines non-pharmacological interventions
  - offered every four hours while awake and as needed
- Data collected both pre and post education and use of the pain management check list will be collected
  - Pre-data: May and June Medical Record Review (MRR) audits of Pain Intervention Effectiveness, achievement of pain goal, and documented use of non-pharmacological interventions.
  - Implementation:
    - 2 weeks of data collection
    - July 16, 2017-July 29, 2017
  - Post-data: Chart audits for pain intervention effectiveness and documentation of non-pharmacological interventions during trial period.

Outcomes

- Out of the charts audited, post data showed a total of 36 patients reported having pain. Out of those 36 patients with pain, the post-education data supported that nurses that implemented the non-pharmacological interventions—like those used in the checklist—met patient’s pain goals more effectively than when non-pharmacological interventions were not used.

Conclusions/Next Steps

- Use of non-pharmacological interventions helped patients achieve pain goal more often.
- Nurses did not consistently utilize and/or document non-pharmacological interventions used to manage pain.
- Further studies and teaching regarding non-pharmacological interventions should be implemented on inpatient units to improve the success of meeting patient’s pain goals.

References:


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