

## Pain Medication, What do you know?

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### Published In/Presented At

Holland, K. McNabb, J. Radcliffe, E. Furman, B. (2019, March 28). *Pain Medication, What do you know?*. Poster presented at: LVHN Vizient/AACN Nurse Residency Program Graduation, Lehigh Valley Health Network, Allentown, PA.

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# Pain Medication, What do you know?

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## Background

- Our observations as nurse residents working on the floor found that patients were not knowledgeable regarding what was ordered for pain and how often they can ask for it.
- Inconsistencies on how RN's are teaching patients about pain medications
- Patients must have an understanding of their medications for their hospital stay as well as after discharge from the hospital

## PICO

- Will using the teach back method to standardize HOW RNs provide pain medication education increase RN confidence with providing education on pain medication?
- P – Registered Nurses on 7K
- I – Pain medication education using teach back
- C – Current practice
- O - Increase RN confidence with pain med education

## Evidence

- “Teach back performed in their studies improved outcomes in disease specific knowledge, adherences, and self efficacy.” (Ha Dinh et al, 2016)
- “Teach-back is a proven method to confirm when the healthcare professional has explained the necessary information in a manner patients can understand. Patient understanding is verified when patients can restate the information in their own words.” (Tamura-Lis, 2013)
- “Effective patient education can have a significant impact on quality of care and patient safety, and leads to improved patient satisfaction.” (Tamura-Lis, 2013)

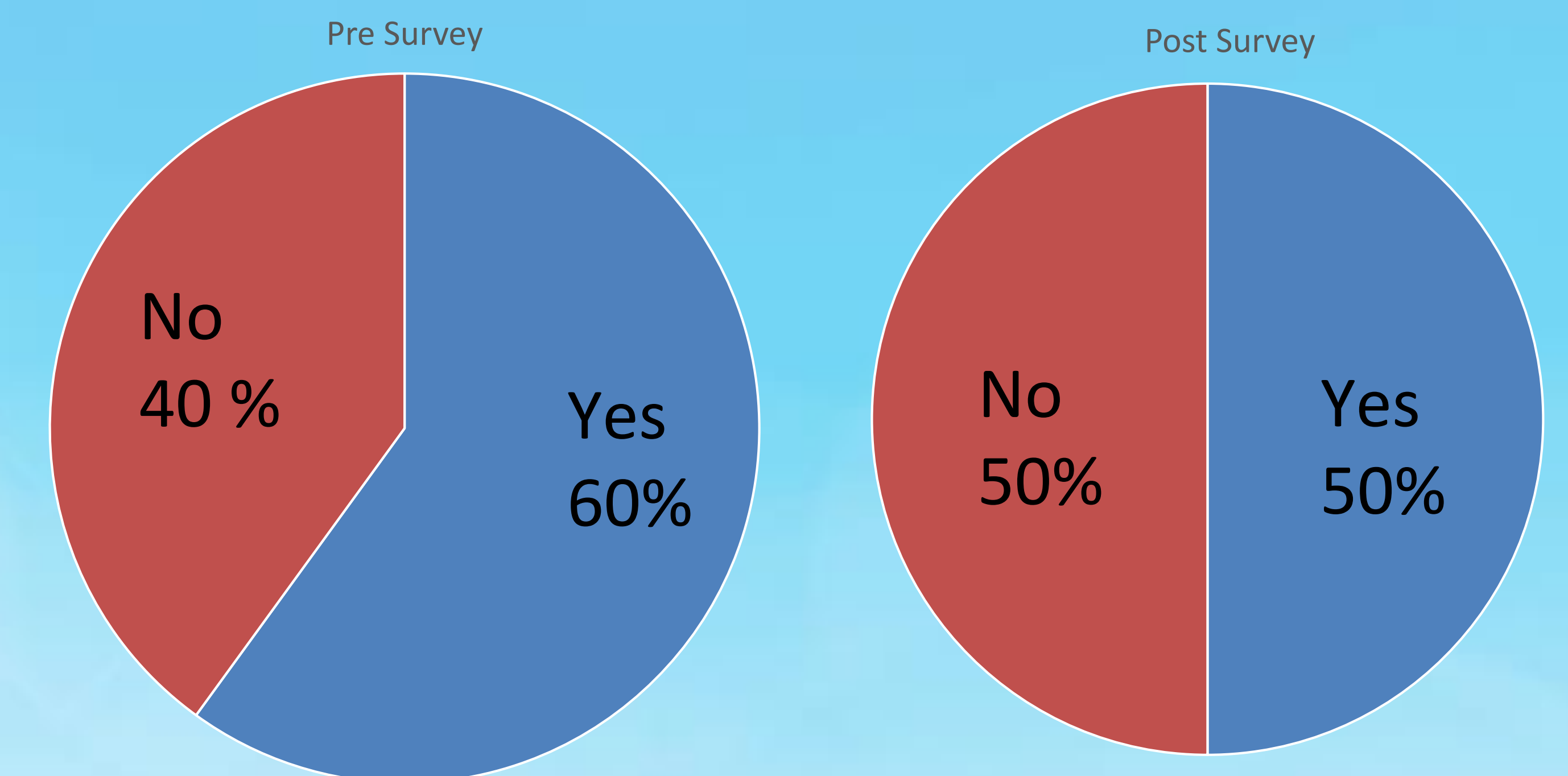
## Implementation

1. Pre-survey questionnaire given to nurses to fill out to determine how non utilization of teach back influences patient knowledge.
  - How effective do you think teach back is? (0-10 scale)
  - How do you currently teach patients about pain medications? (explanation, handout, other)
  - How confident are you with how you provide your patient education on pain medication? (0-10 scale)
  - Are you confident in teach back methods? (yes/no)
2. Education given to nurses via poster and pamphlets. Pamphlets contained teach back questions for the nurses to utilize to teach patients about their pain medication asking the what, why and how.
3. Post-survey questionnaire given to nurses to determine if they used the teach back method and if the nurses are more confident using the teach back method after being educated with posters and pamphlets.
  - How effective do you think teach back is for patient education? (0-10 scale)
  - Did you utilize the teach back method for educating your patient on pain medication? (yes/no)
  - Do you feel more confident using the teach back method to provide education on pain medications? (yes/no)
4. 10 Nurses were educated, 100% completed the pre and post surveys.

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## Outcomes



Pre Survey Question-How confident are you with how you provide your patient education on pain medication? (yes/no)

Post Survey Question-Do you feel more confident using the teach back method to provide education on pain medications? (yes/no)

## Conclusion

- Post Survey confidence levels did not show positive results compared to Pre-Survey
- After analyzing survey data, we came to the conclusion that further education and time would be required to improve RN confidence in pain medication teach back to increase utilization of teach back methods.

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