

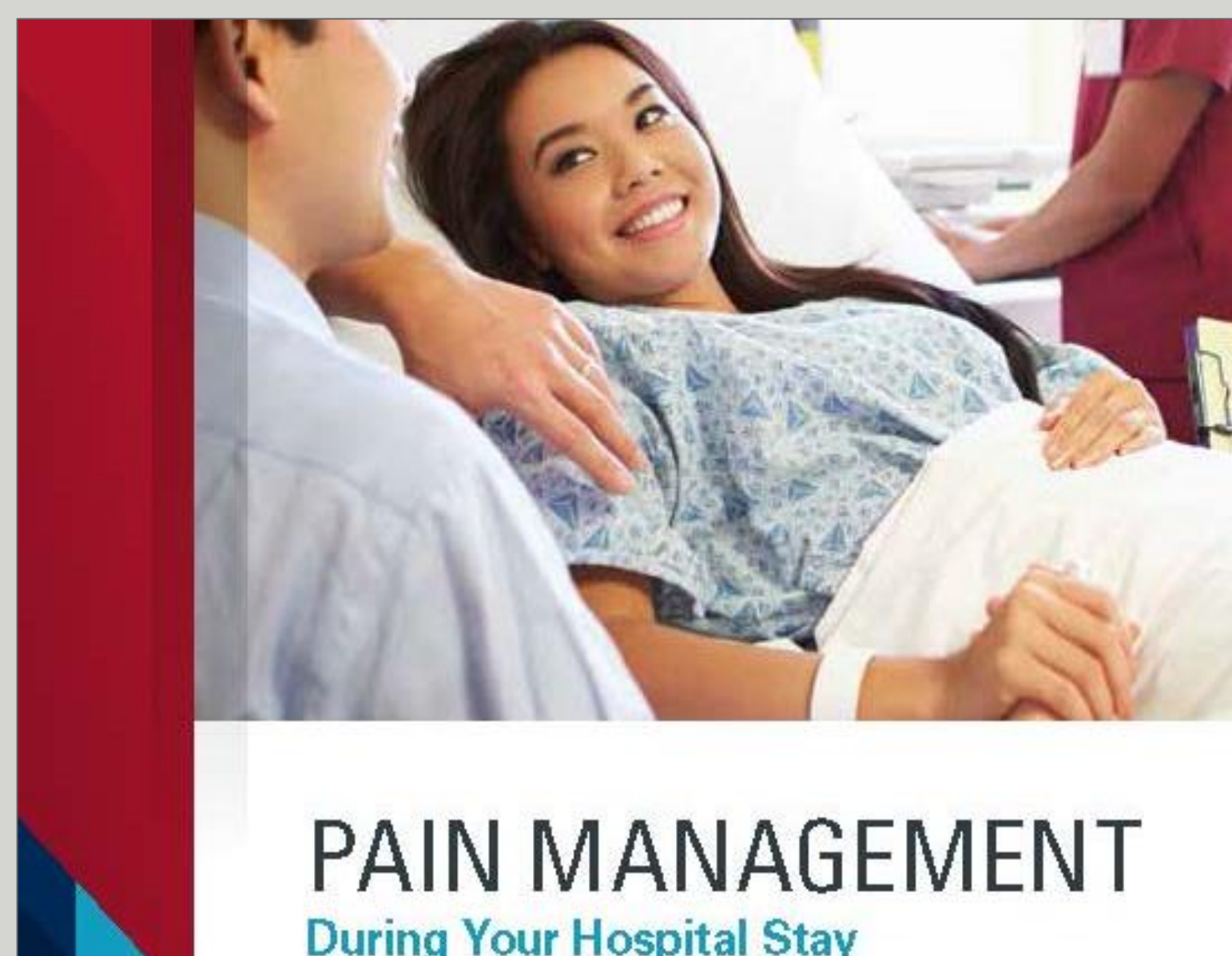
Pain Management Education for the Hospitalized Patient

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Introduction

- Optimal pain management is essential for patient recovery and satisfaction
- Research has shown that pain education can decrease length of stay, post-op complications, and patient anxiety



Problem Statement

In hospitalized patients, does the use of a pain education brochure improve patient knowledge of pharmacological and alternative methods for optimal pain management, during the course of their hospitalization?

Literature Review

- Pain is undermanaged in hospitalized patients
- Patient knowledge deficit regarding pain and what to expect increases anxiety and perception of pain
- Patients want pre-op education on pain
- Pain affects physical and psychological well-being
- Sub-optimal pain management increases healthcare costs
- A combination of pharmacological and complimentary treatment (massage, hot/cold therapy, music, acupuncture) provides improved pain relief
- Patient knowledge helps them be an active participant in their own care

Methodology

Educational pain brochure for hospitalized patients

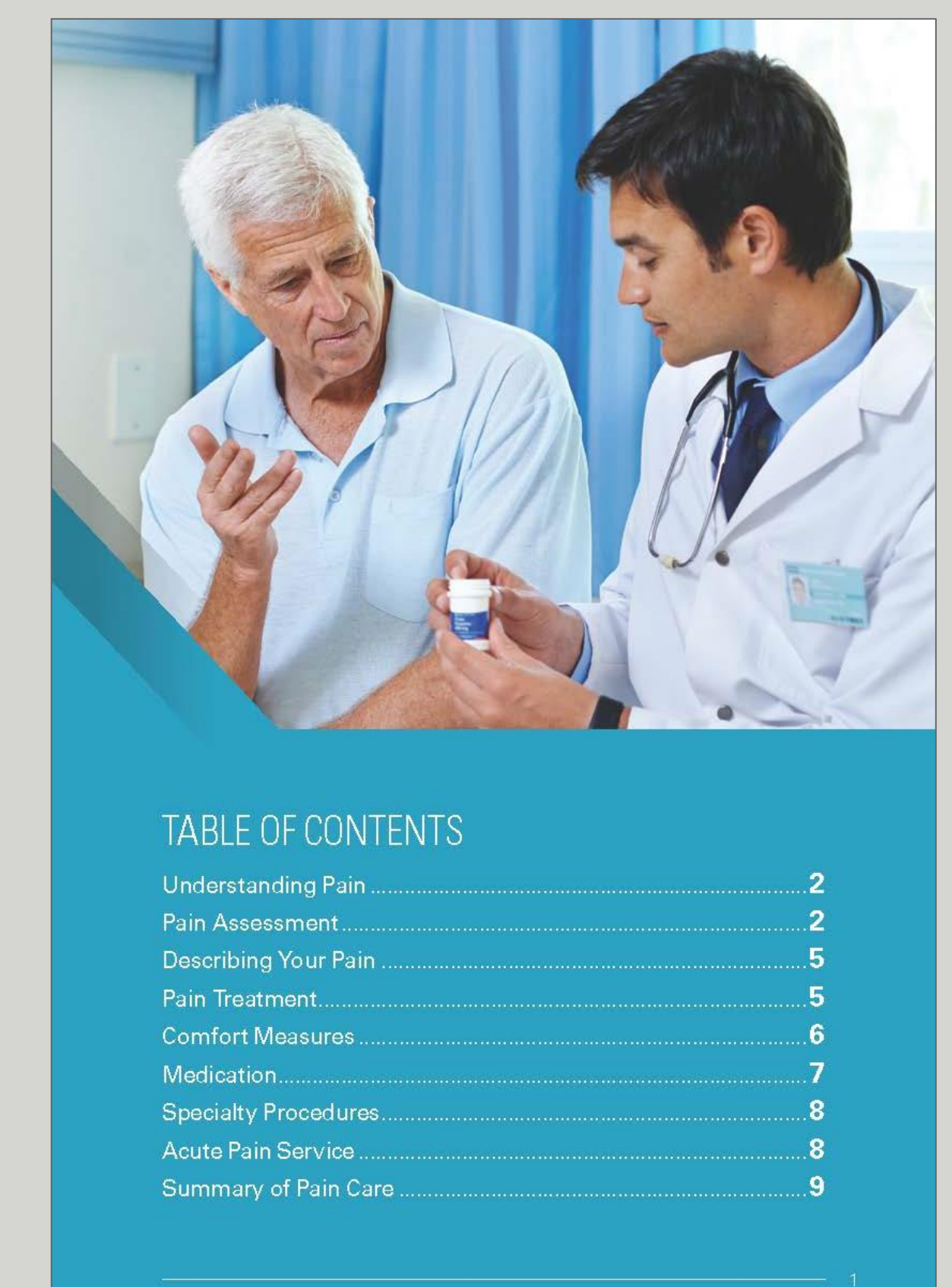
Brochure provides overview of pain, pain assessment, how to describe pain, and pain pharmacological and complimentary treatment options

Brochure created through:

- Review of CINAHL and MEDLINE databases
- Utilization of expert resources from American Academy of Pain Medicine, National Institute of Nursing Research, and American Society for Pain Management Nursing
- Collaboration with multi-disciplinary pain team

Findings

Educational pain brochure for medical and surgical patients



Recommendations

- Incorporate brochure into pre-op teaching in ambulatory clinics, pre-anesthesia screening clinic
- Include brochure as part of nursing admission education for non-planned admissions
- Share brochure with nursing through PRN classes and UBC structure