Strengthen your toolkit for managing pain: Practical tips for nurses

Lynne Young
Professor, University of Victoria, School of Nursing
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Norma Freeman, RN, MS, MBA
Nurse Advisor, Professional Practice
Canadian Nurses Association
Lynne Young, RN, PhD
Professor
University of Victoria, School of Nursing
Pain Care: An issue for Nursing?

- Pain care is a resistant health care issue
- Acute pain care is problematic in Canada
- Chronic pain is pervasive care
Pain care is …

• Ethical imperative for nurses
• Duty of those in the healing professions
• Public Health Issue
• Professional responsibility
• Quality care issue
• Hospital accountability indicator
Why be concerned?

• Widespread health issue

• Unmanaged pain negatively affects health

• Nurses can play a role in reducing pain and suffering

• Here are some tips…..
Tip #1: Be prepared

Be prepared

- Build knowledge and skills for pain care
- Commit to improving pain care
- Arrive at work emotionally and physically strong
- To act on pain care at multiple levels
Tip #2: Listen

- To yourself
- To your patients
- To family members
- To other health professionals or health-care workers
Tip #3: Assess

• Assess the pain

• Assess for contributing factors

• Assess for symptom distress
Tip #4: Act & Document

• Provide quality nursing support

• Document! Document! Document!
Summary: Quality Pain Care

- Recognize, assess thoughtfully, and support pts pain management promptly
- Involve patients and families in pain care plan
- Tailor pain care to each person’s unique needs
- Promote pain self care
- Contribute to nursing and inter-professional pain care education
- Know about community resources to support pts in pain
- Commit to improving pain care
Lynne’s Story:
The personal is the political
Knowing is not enough; we must apply.
Willing is not enough; we must do.

-Goethe

Thank you
RNAO Clinical Best Practice Guideline (2013)
CASN PEOLC Competencies of which Pain Care is one and a toolkit for educators.
http://www.casn.ca/vm/newvisual/attachments/856/Media/PEOLCCompetenciesandIndicatorsEn.pdf
http://www.casn.ca/en/Palliative_Care_122/items/5.html
http://www.ncbi.nlm.nih.gov/books/NBK92514/
Edmonton Symptom Assessment
http://www.palliative.org/newpc/professionals/tools/esas.html
Resources

Canadian Pain Society - Nursing Issues - Special Interest Group  
http://www.canadianpainsociety.ca/en/special_nursing_about.html

CNA Code of Ethics  

Discuss the basics in pain assessment: A case-based approach (CNA webinar)

- PowerPoint Presentation:  

- Recording:  
  https://cna.webex.com/tc0601l/trainingcenter/record/recordAction.do?siteurl=cna&recordingID=23305197&actionType=Info&tcRecordingLink=Yes
Reference List

• Peter E1, Watt-Watson J.
For more information:

Lynne Young
leyoung@uvic.ca

Norma Freeman
nfreeman@cna-aiic.ca
Upcoming Webinar

The latest in addiction medicine: What every nurse needs to know

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Thank you!