



Managing pain and sedation to ensure patients
are awake enough to get up
www.fha.org/wakeup

FHA Mission to Care Hospital Improvement Innovation Network
WAKE UP “Must Do” News: MUST DO #3
Jun. 26, 2018

MUST DO #3 – Multimodal Pain Management

Acute pain management aims to gain rapid, effective control of pain and eliminate further sources of pain. In contrast, management of chronic pain, such as low back pain or polytrauma pain, requires a biopsychosocial approach. Pain management should start by communicating realistic expectations (including the message that freedom from pain isn't realistic) to the patient and their family and caregivers. Goals should include increasing function and mobility and improving the patient's quality of life.

Multimodal approaches use medication combinations as well as non-pharmacological therapies. Non-opioid medications include:

- Acetaminophen (Tylenol, others)
- Ibuprofen (Advil, Motrin IB, others)
- Celecoxib (Celebrex)
- Ketamine (Ketalar)
- Gabapentin (Gralise, Neurontin)
- IV lidocaine

Non-pharmacological therapies include measures that may be taken at home when experiencing pain. These include:

- Ice packs
- Warm compresses
- Aromatherapy
- Music
- Pet therapy

These modalities have been shown to decrease anxiety, which in turn reduces pain. Many hospitals now offer comfort menus to their patients.

WAKE UP Resources

UP! [Multimodal Pain Management and the Future of a Personalized Medicine Approach to Pain, an AORN Continuing Education Opportunity](#)

UP! [The Pain Assessment and Management Initiative \(PAMI\) & The Joint Commission Pain Standards](#)

UP! [Mayo Clinic Non-pharmacological Interventions](#)

UP! [The Johns Hopkins Pain Control and Comfort Menu](#)

UP! [Assessment of Sedation during Opioid Administration for Pain Management](#)

UP! [MUST DO #1 | Establish Expectations](#)

UP! [MUST DO #2 | Pair POSS & Pain](#)

UP! [FHA WAKE UP Toolkit & Resource Guide](#)

UP! Visit the [WAKE UP Website](#) for topic-specific change packages and checklists

Promote WAKE UP in Your Facility!

FHA Mission to Care (MTC) HIIN has developed various WAKE UP campaign tools that can be customized with your hospital logo and utilized for promotion in your facility to **support ongoing awareness and the importance of opioid and sedation management.**

- ▶ [Customizable Posters](#) (Add your own logo) | [Print-ready Posters](#)
- ▶ [Harm Prevention Flyer](#)
- ▶ [Badge Cards](#)
- ▶ [E-mail Banner](#)
- ▶ [Social Media Messaging](#)

Each participating HIIN hospital may request a FREE SET of pre-printed 11" x 17" posters to display throughout your facility (email HIIN@fha.org with the contact person and mailing address to receive your free posters).

WAKE UP Key Takeaways

During the WAKE UP component of the Florida UP Campaign from April – June 2018 FHA MTC HIIN hosted WAKE UP regional meetings across the state in Jacksonville, Weston, Orlando and Pensacola. Over 70 individuals attended, sharing strategies and tools for reducing patient harm from oversedation. Here are the [key takeaways](#) from the WAKE UP meetings to consider for safer patient care:

- **Make it easy to do the right thing, but avoid “Uboxia”**
 - Airway assessed
 - Labs reviewed
 - Past medical history reviewed
 - Pain discussed
- **Take advantage of PAT visits to discuss pain expectations**
- **Do not allow “routine reversals” using naloxone**
 - Where will the patient most likely be when the naloxone wears off?
- **Create hard stops for orders that contain both benzodiazepines and opioids**
 - Did you know that situational delirium leads to dementia?
- **Combine sedation level assessment with pain assessment**
 - If these two scores do not give you a clear picture, use end-tidal capnography as the umpire
- **Ask about their comfort level, prior to asking about pain, do they match?**
 - Provide alternatives to ease anxiety and pain; what would you do at home?
- **Ensure that leadership is aware of the actual culture**



An Initiative of the Florida Hospital Association
Hospital Improvement Innovation Network

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We welcome your requests to be added to FHA UP Campaign Newsletters!