

# WAKE UP!

Managing pain and sedation to ensure patients  
are awake enough to get up  
[www.fha.org/wakeup](http://www.fha.org/wakeup)

## FHA Mission to Care Hospital Improvement Innovation Network WAKE UP “Must Do” News: **MUST DO #1** Apr. 27, 2018

### Time to WAKE UP! Opioid and Sedation Management

FHA Mission to Care (MTC) HIIN kicked off the Florida UP Campaign with [SOAP UP](#), followed by [GET UP](#). It is now time to [WAKE UP](#), which will run until June 30, 2018. Member hospitals will be provided with access to educational events, podcasts, innovative ideas, and best practices and various tools and resources including posters, banners, templates and social media language to use for promoting the WAKE UP Campaign components across your organizations. In addition, there are many tools available for hospitals to utilize on the [Florida UP Campaign Website](#).

WAKE UP promotes opioid and sedation management, and the interrelated strategy of SCRIPT UP promotes optimizing inpatient medications. The foundational questions of these UP Campaigns are:

1. Is my patient awake enough to get up?
2. Have I protected my patient from infections?
3. Does my patient need any medication changes?

### **MUST DO #1 – Establish Expectations**

Prudent goals of pain management include the relief of suffering, early mobilization and reduced hospital length of stay. THE GOAL IS NOT ZERO PAIN. The most important things we can do to establish a positive culture of pain management are to **listen actively to patients when they are describing their pain, solicit as much detail as possible about the nature of the pain and how it is influencing their lives, acknowledge the pain and value the patient’s and family’s perspectives.**

Research by Press Ganey has shown that the patient’s perception that their caregivers did everything they could to help with their pain had more influence on their experience scores than whether or how much pain medication they received.

### WAKE UP Resources

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

**UP!** [Nurses’ Role in Improving the Pain Management Culture](#) (IndustryEdge, A Press Ganey Publication, Aug. 2016.)

### Campaign Tools You Can Use!

FHA 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.

- ▶ [Posters](#) (Customizable - 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](mailto:HIIN@fha.org) with the contact person and mailing address to receive your free posters.

