

PAIN RELIEF WITHOUT MEDICATION

WAYS YOU CAN RELIEVE PAIN WITHOUT OR IN ADDITION TO TAKING MEDICATION:

For some people, pain can be relieved without using medication. They use relaxation, imagery, distraction and physical methods such as heat and cold. You may need the help of health professionals to learn to do these techniques for yourself. Friends or family members can help with some of them. The techniques are also useful along with pain medications. Information about non-drug treatments for pain also may be available at a local hospice, cancer treatment center or hospital pain clinic.

THE ART OF RELAXATION:

Relaxation relieves pain or keeps it from getting worse by reducing tension in the muscles. It can help you fall asleep, give you more energy, make you feel less tired, reduce your anxiety and make other pain relief methods work better. Some people for instance, find that taking a pain medication or using a cold or hot pack works faster and better when they relax at the same time.

BASIC GUIDELINES FOR USING RELAXATION TECHNIQUES:

- The following suggestions may help:
 - Understand that your ability to relax may vary from time to time and that relaxation cannot be forced.
 - Remember that it may take up to two weeks of practice to feel the first results of relaxation.
 - Try several relaxation methods so that it becomes easy and routine for you. Use it regularly for at least 5 to 10 minutes twice a day.
 - Check for tension throughout the day by noticing tightness in each part of your body from head to feet. Relax any tense muscles.
 - You may use a quick technique such as inhale/tense, exhale/relax, described below.
 - If you have any lung problems, check with your physician before using any relaxation technique that requires deep breathing.

POSITION YOU SHOULD BE IN WHEN YOU ARE DOING RELAXATION EXERCISES/TECHNIQUES:

Relaxation may be done sitting up or lying down. Choose a quiet place whenever possible. Close your eyes. Do not cross your arms and legs because that may cut off circulation and cause numbness or tingling. If you are lying down, be sure you are comfortable. Put a small pillow under your neck and under your knees or use a low stool to support your lower legs.

SUBJECT: PAIN ASSESSMENT AND MANAGEMENT	REFERENCE #2001
DEPARTMENT: ORGANIZATIONWIDE	PAGE: 1
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APPROVED BY:	EFFECTIVE:
	REVISED:

POLICY:

It is the policy of this organization to respect and support the patient's right to optimal pain assessment and management. Pain is assessed in all patients in our organization. The organization will also address the appropriateness and effectiveness of pain management.

PURPOSE:

Effective pain assessment and management can remove the adverse psychological and physiological effects of unrelieved pain. Optimal management of the patient experiencing pain enhances healing and promotes both physical and psychological wellness. Patients need to be involved in all aspects of their care including pain management.

PROCEDURE:

- It is the responsibility of all clinical staff to assess and periodically reassess the patient for pain and relief from pain including the intensity and quality (i.e., character, frequency, location and duration of pain), and responses to treatment.
 - At time of admission to the facility, the patient will be questioned regarding pain during the initial nursing assessment.
 - All other clinical department staff will also question the patient regarding pain during the initial patient assessment performed by that department's care provider.
 - Questions related to pain include, but are not limited to:
 - Nature of pain
 - Duration
 - Type
 - Intensity
 - Any pain relief methods that have proven effective
 - Patient's desires for pain management, i.e., pain control, complete pain relief.

SUBJECT: DISCHARGE FROM PAIN MANAGEMENT UNIT IN ANESTHESIA SERVICES	REFERENCE #2006
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DEPARTMENT: ANESTHESIA SERVICES	EFFECTIVE:
APPROVED BY:	REVISED:

POLICY:

- It is the policy of this organization that patients receiving pain management procedures are discharged home timely, appropriately and to a safe environment.
- Patients will be informed of possible side effects including, but not limited to:
 - Itching - approximately 10-20% of all patients receiving epidural analgesia may experience some itching. In most cases it is mild and short lived and occurs mostly on the face, neck and chest, but may be generalized. Medications, such as Benadryl, can be given if the itching becomes bothersome. This is not an allergic reaction.
 - Nausea and Vomiting - Nausea and vomiting may occur, but it can be simultaneously treated with medication.
 - Inability to Urinate - The inability to urinate has been seen in 5-10% of all patients receiving epidural analgesia. Treatment may require a urinary catheter to drain the bladder.

PROCEDURE:

- After the procedure, the patient is transported to the Outpatient Surgery Department or PACU for further monitoring of vital signs and for observation.
- Vital signs are monitored every 30 minutes or more frequently if necessary.
- The patient is discharged when criteria is met and patient is safe for discharge:
 - Vital signs are stable for one (1) hour;
 - Patient is able to tolerate food/fluids without vomiting;
 - Patient is able to bear weight and ambulate safely with assistance;
 - Patient is able to void without catheterization;
 - Patient is discharged to the care of an adult who is responsible to transport patient home. The patient is not to drive self home.

PATIENT AND FAMILY EDUCATION IN PAIN MANAGEMENT

INTRODUCTION:

- Patient and family education and pain control are no longer optional. Clinical guidelines on pain management published by the Agency for Health Care Policy and Research state:

“Each institution must develop an organized program to evaluate the effectiveness of pain assessment and management.”
- Healthcare professionals are accountable for teaching their patients. Standards of care related to patient education have been addressed by the Joint Commission on Accreditation of Healthcare Organizations, the National League of Nursing and the Health Care Financing Administration.
- The Patient’s Bill of Rights states that patients are to receive information they can use in order to give informed consent. Nurses and other healthcare professionals must educate their patients concerning pain management.

PAIN MANAGEMENT EDUCATION PROGRAM:

- Objectives to be included in a pain management education program:
 - List reasons for educating your patients about pain.
 - Identify sources for patient and family education in pain management.
 - State strategies for patient and family education.
 - Describe the causes of pain.
 - Discuss pharmacologic and non-drug ways to achieve pain control.
 - Establish patient and family education and treatment plan based on assessment, diagnosis, goals and objectives.
 - List the safe and effective use of medication.
 - Describe the understanding of pain and the importance of effective pain management.

Involve appropriate disciplining.