Joint Commission Preparation

2021

Tell the Story of Pain Relief
# Pain: A Key Areas of Focus

Flowsheet documentation shows assessments, interventions, and patient response.
Tell the Story through Pain Documentation

Assess – Screen all patients (admitted to ED or Hospital) for pain & fully assess if in pain
  • Perform a full pain assessment \textit{at least} every shift during the hospital stay
  • Include its description, intensity, location &/or modifiers (what makes it better or worse)
  • Assess for risks associated with pain treatments
If pain > midpoint on pain scale; comfort/function goal; care plan & past/present responses to therapy

Intervene – Tailor a care plan that includes realistic expectations and measurable goals
  • Document pain assessment before & after treatments
  • Consider (opioid-sparing) Medications, PT/OT, Pain Service, Behavioral &/or Integrative therapy
  • \textbf{Educate} (then document) and engage patients/caregivers about:
    • The specific treatment plan and how pain and medication effects are assessed and managed,
    • Desired treatment response (pain, function, safety)
    • Post-discharge safety (impact of pain on ADLs; safe use, storage & disposal of drugs)

Evaluate – Document progression toward pain goals in nursing Plan of Care.
PRN PAIN MEDICATION SELECTION GUIDELINES: MILD-MODERATE-SEVERE

PAIN ASSESSMENT

Patient’s Self-report + Objective Assessment + Clinical Judgment = Mild-Moderate-Severe

**Tell the Story of How WE Select PRN Pain Medication**

<table>
<thead>
<tr>
<th>Patient’s Self-reported Pain</th>
<th>Objective/Bio-psychosocial Impact</th>
<th>Clinical Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Pain</td>
<td>No signs/no interference</td>
<td></td>
</tr>
<tr>
<td>1-3</td>
<td>Distractible pain during movement/Rx</td>
<td></td>
</tr>
<tr>
<td>3-6</td>
<td>Interferes with Rx/relationships</td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td>Interferes with simple tasks</td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td>Pain at rest</td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td>Inconsolable</td>
<td></td>
</tr>
</tbody>
</table>

**Important consideration**

Decrease the need for PRN opioid analgesics by discussing with healthcare team the feasibility of scheduling routine non-opioid pain medications.

**RN selects from PRN Pain medication ordered &/or nondrug comfort measures**

- Mild
- Moderate
- Severe