

## Background

- [Non-pharmacological pain management methods are recommended by the CDC as the first-line approach for treating a patient's pain.]
- Interventions may including either physiological and/or psychological strategies that can be used to reduce pain, such as: relaxation techniques, breathing strategies, music/television, guided imagery, hot and cold application and physical therapy.
- Pain management is a priority in healthcare that can be taught and seamlessly implemented into everyday nursing care.
- The purpose of this project was to assess the overall awareness of non-pharmacological interventions among the nurses on Grant 5.

## Practice Change

Educate Registered Nurses on Grant 5 about the use and effectiveness of non-pharmacological pain management, and to incorporate these techniques into their practice.

## Methods

- Provided paper pre-surveys to five RNs on Grant 5
- Presented educational content to RNs during morning huddle in January 2019
- Similar post-surveys were provided after the five RNs incorporated non-pharmacological interventions into their nursing care.

## Measures and Results



-Hand on material provided to 5 RNs on Grant 5. Each participant was asked to use non-pharmacological methods to incorporate for two weeks into their practice to decide whether or not it was shown effective in pain management.

-The five RNs that participated in this study were asked to apply Ice pack application, Deep breathing strategy, TV/Music therapy, Repositioning/exercise and Guided Imagery.

-Questionnaire also provided to the five RNs determining why are they not using non-pharmacological measures in pain management?

-Directly after two weeks of incorporating the non-pharmacological methods into their practice, post surveys were provided to answer questions to determine if the non-pharmacological method was effective.

Determining factors on why RNs are not using Non-pharmacological methods	Disagree	Neutral	Agree
➤ Excess workload	20%	40%	40%
➤ Lack of knowledge	40%	0%	60%
➤ Lack of time	0%	40%	60%
➤ Lack of equipment	100%	0%	0%
➤ Patient is unwilling	0%	20%	80%
➤ It is not effective	20%	40%	40%

Method	Found Effective	Did not show effectiveness
TV/Music therapy	60%	40%
Repositioning/Exercise	100%	0%
Deep breathing strategy	0%	100%
Application of Ice pack	100%	0%
Guided Imagery	20%	80%

**100% of participants in this study plan to continue using non-pharmacological methods for pain management**

## Summary/Discussion



- Survey Nurses on the knowledge and use of non-pharmacological pain management techniques.
- Test these strategies on patient population.
  - Analyze the effectiveness of these strategies
  - Evaluate nurse likelihood of using and implementing non-pharmacological pain management techniques.
- **Nurse Feedback**
  - “I have found that it is effective and easy to implement these [pain management] methods”
  - “I have noticed a decrease in overall patient pain scores since utilizing these pain management tools”

## Conclusion

- Non-pharmacological interventions can be an effective pain management tool for patients on Grant 5. It was noted that a lack of knowledge by the staff and patient unwillingness to participate in these strategies have posed as the two reasons these tools are underutilized.
- Providing relevant information to both the nursing staff and patient population can increase the effectiveness of non-pharmacological interventions.
- Every nurse surveyed on Grant 5 is willing to learn and implement these strategies in their bed-side practice.

### References

Nadler, S. (2018). Nonpharmacologic Management of Pain. Retrieved from <http://jaao.org/article.aspx?articleid=2092892>

The Canadian Journal of Chemical Engineering. (2012). The Canadian Journal of Chemical Engineering. Retrieved from <https://onlinelibrary.wiley.com/doi/abs/10.1111/1.1478-5153.2012.00531.x>