

Pain During Dressing Changes

Pain is defined as an unpleasant sensory or emotional experience, it incorporates biological, physical, and cultural factors, and if left untreated, it can lead to physiological and psychological effects.

Pain from burns results from damage or destruction of the epidermis and dermis (acute inflammatory and from exposed nerve endings).

Wound care can generate pain that is equivalent or exceeds the pain that one experienced at time of injury.

Nonpharmacological interventions are often utilized in addition to pharmacological strategies to help decrease the sensation of pain during dressing change.

The outpatient BCU utilizes different modalities during burn dressing changes to help reduce the patient's pain these include but are not limited to acetaminophen, massage, aromatherapy, and healing touch.

Acetaminophen

The mechanism of action is not completely understood but it is thought to reduce the production of prostaglandins in the central nervous system, which increase the pain threshold.

It is available in different forms syrup, tablets, capsules, intervenes and suppository Has a black box warning of not to exceed 4 grams per day, as it can cause hepatic necrosis.

Reaches highest plasma concentration 90 minutes after administration for the oral route.



Aromatherapy

Form of herbal medicine

Different essential oils can produce effects ranging from pain relief, relaxation. Increase mood, aid in insomnia, boots, energy etc.

Mechanism if action for in halation-the scent triggers a biological signal in the rector site on the nose, transmitted to the limbic and hypothalamus center of the brain. The limbic and hypothalamus center then release neurotransmitters and hormones(serotonin, dopamine).

Essential oils used for pain relief are lavender, lemon, eucalyptus, roman chamomile.

Massage Therapy

Its benefits include increased circulation, relieve tension and stress, promote muscle relation, decrease pain, improve mood.

The World Health Organization acknowledges that massage has many overall positive health effects and low potential of side effects.

MOA is the “gate control theory” Massage therapy increases the activity of large fibers in the dorsal horn to release inhibitory neurotransmitter that leads to an inhibitory effect on pain signals.

Healing Touch

Is based on the premise that the human body has an energy

Trained practitioners can see or feel this energy field and can detect areas that are weak. By providing noninvasive touch they can influence and restore the energy field

Has an approved Nursing Diagnosis of “Disturbed Energy Fields”

