

Improvement of Patient Quality with Comprehensive Pain Techniques

Ivonne J. Orellana BSN, RN – Kimberly R. Fajardo BSN, RN – Jessica Buchanan BSN, RN – Sharon Martorello BSN, RN
Camille Nicolas BSN, RN – Leeanna Short BSN, RN



BACKGROUND

Trauma patients frequently suffer from heightened pain levels due to their physiological conditions, which can compromise their overall experience of care. Uncontrolled pain not only diminishes patient satisfaction but may also lead to increased reliance on narcotics for pain relief. Effective pain management is crucial to address these issues and improve patient outcomes, potentially reducing the need for excessive narcotic use. (Hobelmann & Huhn, 2021)

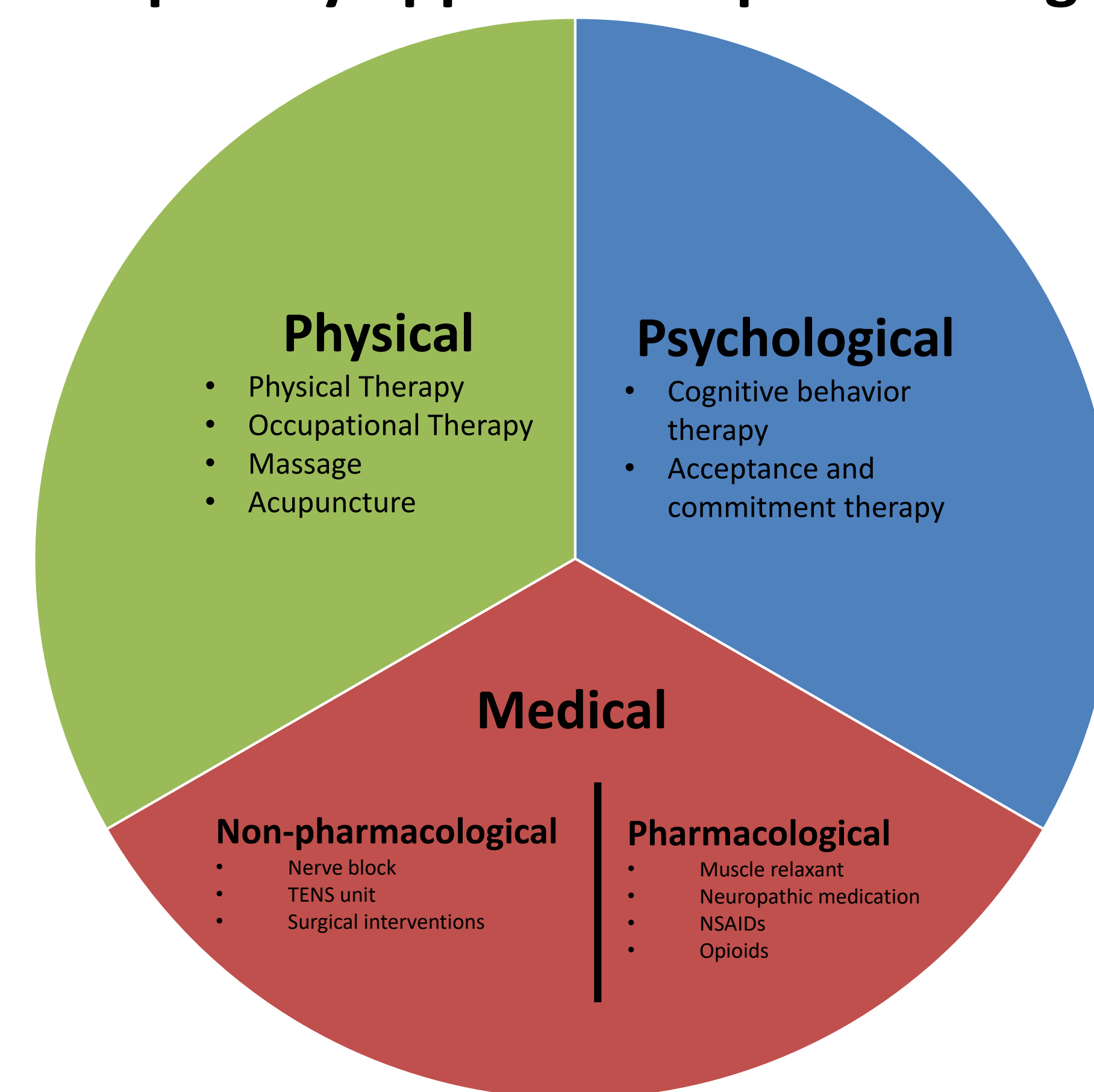
PURPOSE

This study investigates the implementation of evidence-based practices aimed at enhancing the quality of care for trauma medical-surgical patients through comprehensive pain management techniques. Specifically, it focuses on incorporating methods such as aromatherapy and healing touch to address heightened pain levels. By adopting these holistic approaches, the study seeks to improve patient satisfaction and reduce reliance on narcotics, ultimately fostering better overall outcomes in pain management for trauma patients.

METHODS

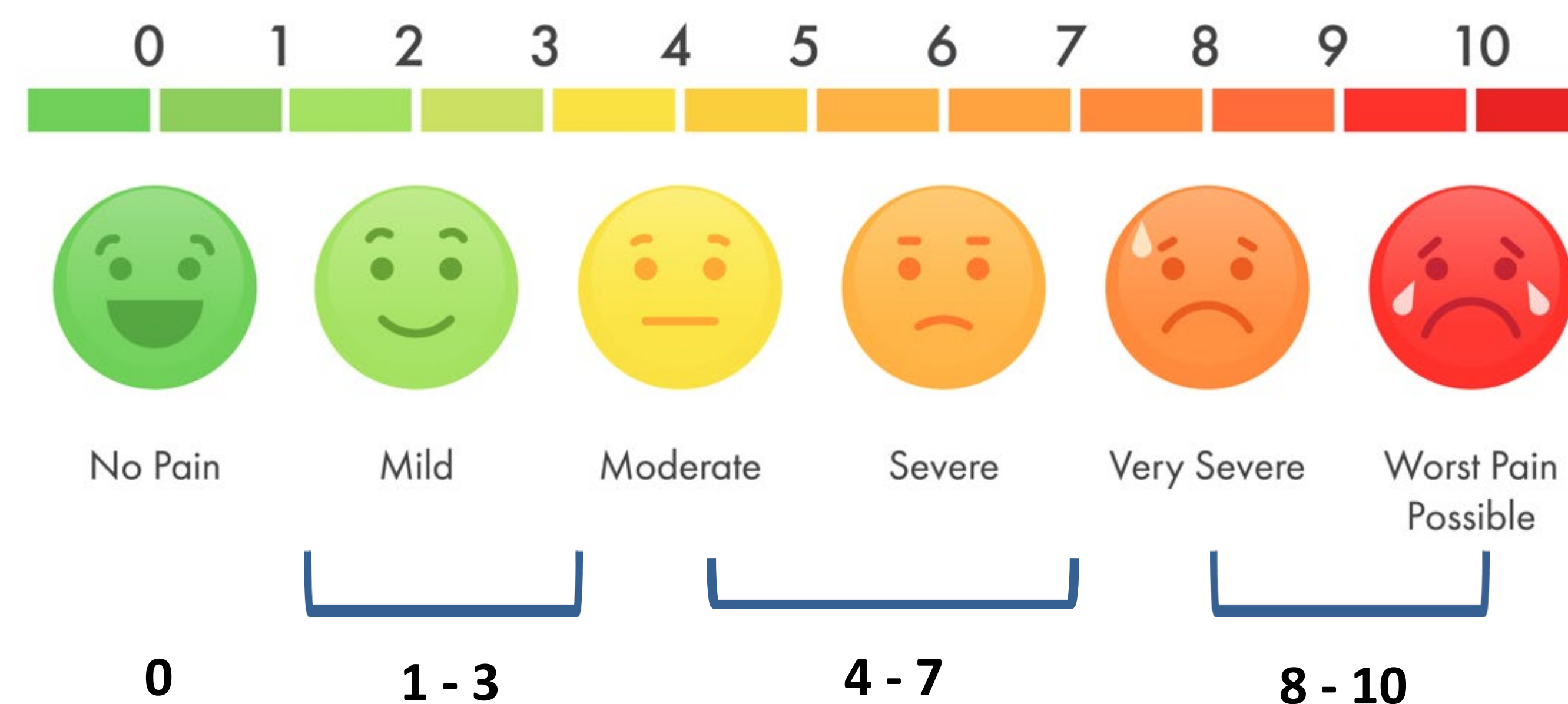
In response to concerns about pain management in trauma patients, 4 North UBC initiated a quality improvement project aimed at reducing narcotic use among this population. The project focuses on empowering clinical nurses to implement comprehensive pain management techniques, including aromatherapy and healing touch. Additionally, it explores effective communication strategies among the interprofessional team—comprising physicians and pharmacists—to ensure coordinated care while minimizing narcotic prescriptions. The goal is to enhance patient care quality and satisfaction through holistic approaches to pain management.

Interdisciplinary approach to pain management



Understanding Pain Levels

PAIN SCALE



RESULTS

As a result of reviewing information of aromatherapy uses with pain management, we have found that. Aromatherapy, which is based on the idea that inhaling or absorbing essential oils can cause changes in the limbic system, which is linked to feelings and memories, was a major aspect of the project. This reaction may cause physiological modifications that can help the patient with pain and other physiological responses within their neurological response in the body system. We have learned that different methods can also be cold and warm can help with decreasing the pain and any swelling the patient may be experiencing. "Heat boosts the flow of blood and nutrients to an area of the body." (Robinson, 2023).

CONCLUSIONS

The quality improvement project conducted by 4 North UBC revealed a perceived decrease in requests for pain medication, particularly narcotics, among trauma patients. Patients reported higher satisfaction with their care and improved pain management outcomes. Despite these positive results, the unit continues to explore additional comprehensive pain management techniques, particularly through aromatherapy, to further enhance care quality. Recommendations include collaborating with the UMC's aromatherapy team to better understand effective techniques and implementing patient education on both non-pharmacological and pharmacological pain management options.

REFERENCES

Hobelmann, J. G., & Huhn, A. S. (2021, November 11). *Comprehensive pain management as a frontline treatment to address the opioid crisis*. Brain and behavior. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8613403/>
When should I use heat or ice for pain? (2023, September 14). [Cold and Heat Therapy To Treat Pain – WebMD](https://www.webmd.com/firstaid/when-should-i-use-heat-or-ice-for-pain)
UMC Hospital. (n.d.) UMC Hospital | Patient & Visitors| UMC Hospital. <https://www.umcsn.com/patients-visitors/tranquility-at-umc/aromatherapy>

