**Poster Type:** Clinical Improvements / Innovation  
**Poster Meeting:** ASPAN National Conference – New Orleans, LA (April, 2010)

**Title:** A Multidisciplinary Approach to Pain Management for Patient’s Undergoing Preoperative (Breast) Needle Localization & Sentinel Node Procedures  
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**Clinical Issue:** Anticipation of any planned surgical procedure can exhibit a certain level of anxiety for many patients. The thought of multiple invasive procedures, fear of the unknown and possible diagnosis of breast cancer can provide additional stress for patients and their families.

**Project Objectives:** Review of the literature and Evidence Based Practice (EBP) has shown that patient age, anxiety, and medical history are three areas that can contribute to increased procedural discomfort. This poster will demonstrate the value of offering complimentary medicine (CAM) and medication to provide pain management for preoperative (Breast) Needle Localization & Sentinel Node procedures.

**Preparation & Planning:** Prior to proceeding with this project, a discussion was initiated with the radiologists to identify procedural methods, and the surgeons to encourage project endorsement.

**Implementation:** 117 patients have been tracked over a 10 month period (12/08 – 10/09) to identify the level of preoperative anxiety, intra-procedure and post-procedure discomfort.

**Practice Outcomes:** Relaxation techniques, preoperative oral and topical medications have improved the effectiveness of pain control, anxiety and overall ease of the procedure.

**Implications:** Increased staff satisfaction, and improved patient and family centered care.

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