

DECREASING PATIENTS PAIN DURING NEEDLE STICK PROCEDURES

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Intravenous access for patients on the day of surgery leads to fear and apprehension. Discomfort with IV starts is a large factor that influences patient complaints and dissatisfaction. Prevention and reduction of unnecessary pain is a universal nursing goal and mandated by the Joint Commission.

Objectives: To increase the nurse's awareness of measures that can be taken prior to inserting an intravenous line or any needle stick procedure. These measures include: Bacteriostatic Normal Saline, Pain Ease, Buzzy, and Distraction methods.

Implementation: We purchased a Buzzy to start with, and then implemented in the electronic medical record a "per protocol" order for the Bacteriostatic Normal Saline and the Pain Ease.

After we starting using the Bacteriostatic Normal Saline and the Pain Ease we had our patients fill out a small survey. We do approximately 40 IV starts per day. 75% of patients reported no pain with the IV insertions with Bacteriostatic Normal Saline. 72% of patients reported no pain with the IV insertion using Pain Ease.

Advancing this practice in perianesthesia nursing is necessary due to the Joint Commission and effective pain management is going to be tied into reimbursement.