

MULTI-MODAL ANALGESIA AND THE PERI-OPERATIVE STAFF

Team Leaders: Laura Martinez MSN RN, Beth Nardi BSN RN, David Dickerson MD
UChicago Medicine, Chicago, Illinois

Team Members: Sherri Genis MSN RN, Daniel Martinez MSN RN CCRN CNL

Background Information: The majority of patients report inadequate postoperative pain relief that can lead to adverse physiological consequences and impaired recovery, decreased function, chronic pain and reduced quality of life¹. The American Pain Society recently published practice guidelines recommended use of multimodal analgesia (MMA) to achieve effective post-operative pain management². MMA includes a selection of analgesic medications and techniques provided across the different phases of the perioperative setting. Nurses must incorporate these guidelines into practice to improve patient outcomes.

Objectives of Project: To develop and implement an educational program for nurses about MMA components and the benefits to the patient's post-operative pain management.

Process of Implementation: In partnership with the Pain Stewardship committee, the education and content strategies for MMA were developed and presented to the peri-anesthesia nurses. In addition, a pre-operative order set was created. Educational in-services took place on the unit. Using a multidisciplinary approach, the peri-anesthesia nurses collaborated with physicians to encourage the use of the pre-operative order set when not initiated by the surgical provider team.

To facilitate the practice change, during the educational sessions, nurses discussed possible barriers to the implementation of MMA and how to mitigate those issues. For example, patient concerns about taking oral medications can be mitigated by reassurance and explanation of pre-operative analgesia benefits.

Statement of Successful Practice: Attendance at educational sessions was high with 85% of the pre-operative staff nurses participating. Periodic observations found that nurses provided their patients with information about MMA, including how MMA would help in the management of post-surgical staff.

Implications for Advancing the Practice of Perianesthesia Nursing: Following implementation of the MMA guideline, our next step is to evaluate patient outcomes. The use of the MMA pre-op order set, in conjunction with a variety of analgesic medications and techniques, is expected to offer more effective control of post-operative pain and increased patient satisfaction.

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