

# Pain, Nausea, and... Thirst?

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## Introduction & Background

- Literature shows that thirst is often among the top complaints of ICU patients.
- Comparative discomfort research in the PACU is very limited.

## EBP Question

- What is the prevalence and intensity of thirst compared to pain and nausea in the PACU among patients who received general anesthesia?

## Methodology

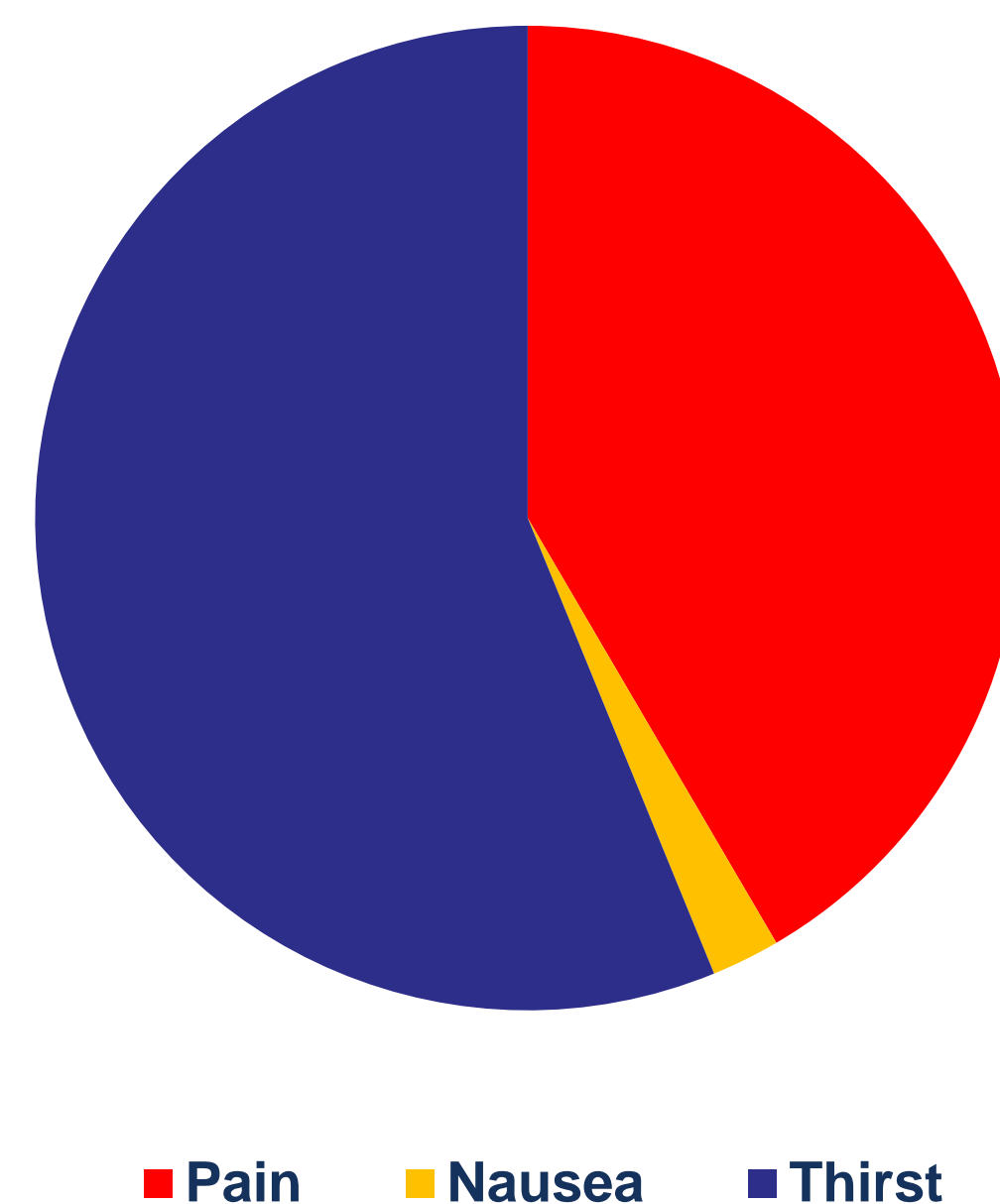
- 200 surveys given to patients, asking for 0-10 ratings for pain, nausea and thirst.
- 117 were completed and analyzed.



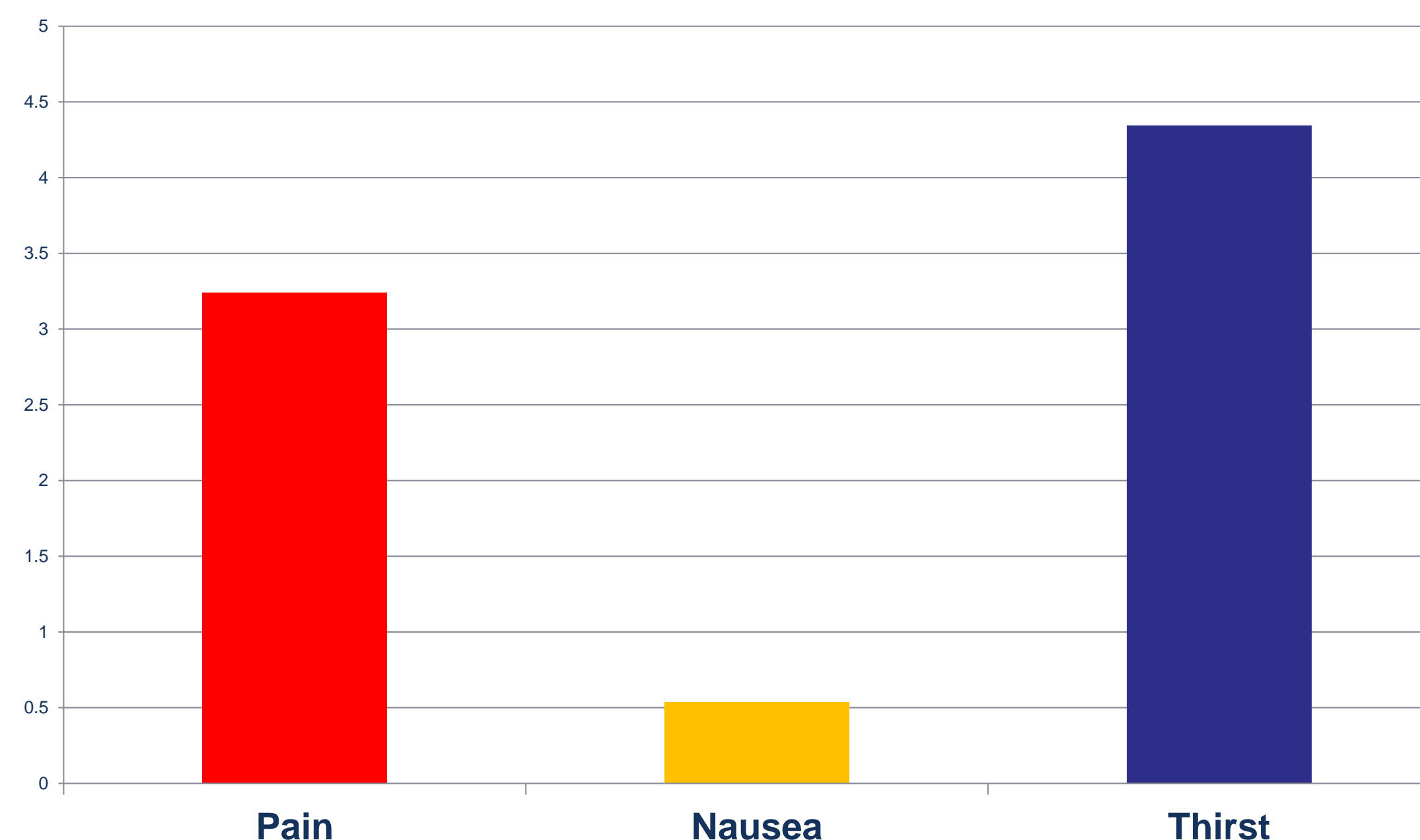
## Results & Analysis

- The mean rating for thirst was 4.34, compared with 3.3 (p=0.027) for pain, and 0.54 (p=0.001) for nausea.
- The median was 5, compared with 2 for pain and 0 for nausea.
- 50 patients indicated thirst as their highest rated source of discomfort, compared with 37 for pain and 2 for nausea.

Primary Discomfort



Mean Discomfort Score



## Implications For Practice

- Thirst is a major source of discomfort for a large percentage of PACU Patients.
- Thirst should be actively evaluated and treated (early mouth swabs, ice chips, etc.).
- More research is needed on how to best address thirst in NPO Patients.

## Works Cited

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