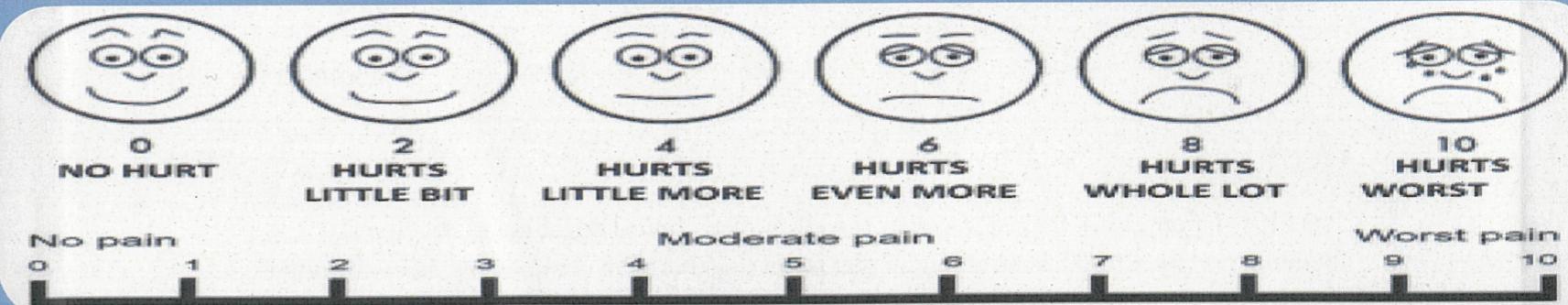


Paediatric Postoperative Pain Management

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Introduction

Effective pain management is essential to the contribution of prevention and relief of a paediatric patient's pain, yet effective pain management is not occurring throughout nurses' practice. Has left me questioning: What are the issues of paediatric pain management in a postoperative setting?



Literature Findings

- Pain should be regarded as a fifth vital sign (Shrestha-Ranjit & Manias, 2010).
- Assessment tools (see image), are not being used regularly or to the effective extent they should be (Twycross & Finely, 2013).
- PRN medication is not being administered regularly (Shrestha-Ranjit & Manias, 2010).
- There was a variance between studies on what pain score an analgesic was given on (Trudeau, Lamb, Gowan & Lauder, 2009) (Twycross, 2008)(Twycross, Finely, & Latimer, 2013).
- Lack of experience in younger nurses showed for less analgesic administration (Payakkaraung, Wittayasooporn, Thampanichawat, & Suraseraniwonge, 2010).
- Little to no documentation was evident on assessment and reassessment, after an analgesic was given. (Shrestha-Ranjit & Manias, 2010).

Implications for Practice

- Break through pain and high pain scores.
 - Unmanaged acute pain can lead to chronic pain in the future.
 - Lack of documentation leads to poor communication between health professionals and compromised patient care.
- (Shrestha-Ranjit & Manias, 2010).

Recommendations

- Further research needs to be implemented on documentation of pain management (Twycross, Finely & Latimer, 2013).
- Administer PRN analgesic regularly and give the child the full amount of the ordered dose in the first days postoperatively. Proving it is easier to prevent pain than break a pain cycle (Shrestha-Ranjit & Manias, 2010).
- Nurses need to increase their priority on pain management, to reduce risks for their patient that untreated pain leads to chronic pain (Twycross, Finely, & Latimer, 2013).
- A helpful tool for a lack of knowledge and experience is the Good Practice in Postoperative and Procedural Pain Management Guidelines (Associations of Paediatric Anaesthetists of great Britain and Ireland, 2012). This guideline is an example of a tool that could be used in a postoperative paediatric setting, to give nurses a baseline tool on pain assessment, management and administration. Any nurse can use this to develop knowledge in an evidenced-based way.

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PICO

The PICO framework helped to create, a well formed clinical question, to develop my literature review. PICO is an acronym that is put together with components that will form a research question. PICO stands for P- the population or patient, I- the intervention or exposure of interest, C- comparison or control used, O-outcome expected and T- the time frame (Schneider & Whitehead, 2013). I used the PICO model for this literature review and changed the acronym to the following meanings P- Paediatric patients between the ages of five to fifteen in a postoperative setting, I- Nurses management of postoperative pain, C- Nurses in postoperative pain management, O- Evaluation of pain management, T- any time period the paediatric patient is in a postoperative setting until discharge. This well-formed model gave the basis to undertake my literature review, and formed my question of, what are the issues of paediatric pain management in a postoperative setting? Schneider & Whitehead, 2013).

Rationale

I have chosen to present my clinical issue in a poster as I believe there is not a specific person to present this issue to, but many. In creating this poster to summarise my practice issue of poor pain management in paediatric postoperative patients, I aim to create a discussion point and make nurses aware of the issues that are facing paediatric patients. A poster is very effective in opening an interaction where I can further develop on my points of the poster and explain further implications of practice to those that are interested in my topic. A nursing poster exhibition brings all sorts of health professionals and nurses to a central point, where I will be able to present too many different people and their scopes of practice. A poster is also a rewarding process, where I can see how my practice issue relates to others, can meet and talk to new people, where I hope to see people listening, understanding and implementing my recommendations for this issue (Halligan, 2008).

Reference

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