

Pain Management

The story so far...

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Welcome back!

The EBPRAC Pain Management project is now well underway in all 5 facilities across 3 states and in the last 3 months a number of new people have joined the team. To keep everyone involved up to date here is a summary of activities up to the end of 2008:

Victoria:

The pre-implementation audit has been completed and the two participating Royal Freemasons' Homes Victoria RACFs have been presented with a summary of findings and recommendations in line with the APS Guidelines. Mark Bradbeer (Clinical Nurse Educator) has commenced work at the RFHV and has been encouraged by the enthusiasm and positive feedback from staff in early education sessions.

Queensland:

Sue Gledhill is in the final stages of the pre-implementation audit at St Paul de Chartres RACF. Staff at the facility have enjoyed working with Sue and have expressed their gratitude for the wonderful job she had done. The QLD team hope to appoint their CNE and begin the Education and Training phase in January.

Western Australia:

Kristi Holloway has completed the pre-implementation audit at Albany Hall and Prior Clarence Estate. Phase 3 will commence there in early January; Margaret Maister and Barbara Averill will join the team and job-share the CNE role. The audit of St Andrews in Balcatta is also proceeding well, with Jenny Malcolm working on the ground there. Jenny has been welcomed by staff who have been very responsive to her work so far.

RFHV—Pre-Implementation Audit Findings

The Royal Freemasons' Homes Victoria Coppin Community Hostel and Colbran Lodge facilities demonstrate a pain vigilant culture with policies and procedure broadly in line with the Australian Pain Society Guidelines for Pain management in Residential Aged Care Facilities. Both facilities benefit from the employment of a dedicated Specialist Consultant Pain Nurse and access to a range of specialist therapy services and Allied Health professionals on-site at the Coppin Community Hostel Day Therapy Centre.

Resident assessments of current pain status revealed that just over half of the 120 residents assessed in Coppin Community Hostel experienced pain on the day of assessment and 40% of these residents had two or more major

sites of pain. 39% of residents reporting pain score 5 or more on the 15 item Geriatric Depression Scale compared to 20% in the group reporting "no pain" on the day of the test.

In Colbran Lodge using observation scales 76% of residents were identified as having "mild" or "moderate" pain at the time of assessment. In residents who were categorised as having pain on the Abbey Pain Scale 35% had a PRN order for analgesic medication, 40% had ATC analgesia and 25% had ATC analgesia as well as a PRN order for analgesics. The average Medication Quantification Scale (MQS) score for residents rated as having pain was 10 compared to a score of 7 for those rated as having "no pain" at the time of assessment.

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Newsletter

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The Sisters of St Paul de Chartres

The Sisters of St. Paul de Chartres is an international Congregation with its Headquarters in Rome. The Congregation has its foundation in 1696, Fr Louis Chauvet, a parish priest of Levesville, France together with three young country girls, and Marie Anne de Tilly, a gentlewoman from Allaines, formed a community to care for the sick and to comfort the lonely and the poor

In 1708 this little community was replanted at Chartres, near the great cathedral, where the bishop, Monsignor Paul Godet de Marais, took the sisters under his personal protection. It was at his suggestion that they took his own name-sake, St. Paul, as their patron and model.

In 1727, in response to the personal request of King Louis XV, the first four missionaries set out for French Guyana, in South America.

The congregation has no territorial preference and responds with fidelity to the call to serve, wherever is needed. Their major service included education, nursing, and all kinds of pastoral work. In practical terms this has often meant working in leprosarium, prisons, and visiting remote poverty-stricken areas.



With its true missionary spirit of St. Paul, “all things to all people” the sisters will go wherever they are needed and do whatever is necessary. Now in the 21st century, the sisters are in 38 countries serving people both spiritual and human needs.

In 1984 the sisters were invited to open a Senior Co-education Boarding College as a “stepping stone” for those overseas students who wished to enter Australia Universities.

True to its humble origin, the sisters continue their pastoral work in serving different parishes in Lane Cove (Sydney) and in Mentone (Melbourne)

In 15th August, 1992 the St. Paul de Chartres Villa in Boronia Heights, Brisbane was officially opened. Here in these beautiful surroundings, the Sisters are working for a caring relationship with residents whose needs are physical, emo-

tional and spiritual.

This is their only aged care facility, which has 60 low care beds with aging in place and 38 high care beds. The facility was originally built to accommodate the Chinese and Vietnamese Communities, but over the years the facility has become more multicultural and the residents come from all different ethnic backgrounds such as Italians, Europeans, and of course Australians.

Team Member Profile: Prof Elizabeth Beattie

Professor Elizabeth Beattie, the EBPRAC Pain Management Project QLD state manager, is the Director of Research at the Dementia Collaborative Research Centre - Consumers, Carers and Social Research (DCRC-CCSR) (based within the School of Nursing at QUT). Professor Beattie has extensive clinical and teaching experience in both geriatric and psychiatric nursing. She holds a BA in Anthropology and Sociology and a Master of Arts in Interdisciplinary Studies.

Prior to joining the DCRC – CCSR For over eight years Professor Beattie held the position of Project Director in a NIH-funded research team at the University of Michigan testing the Need-driven Dementia Compromised Behavior Model. She is a member of the International Wandering Consortium (+VA Patient Safety Centre, Tampa, FL), Adjunct Associate Professor in the Hartford Centre for Gerontological Nursing Excellence in the University of Iowa, USA and a Fellow of the Gerontological Society of America.

Dr Beattie’s work has been critically acclaimed in international research arenas and she has published widely in journals that focus on nursing and the care of older people. Professor Beattie’s primary research interest is in the prevention of negative functional outcomes of behavioural issues in dementia, specifically elopement, getting lost, fatigue and nutritional issues associated with wandering in both community and residential care settings. Her other interests are in ethical and social issues for persons with dementia and their caregivers, including tracking technologies, stigma and the assessment of decisional capacity for making care decisions and taking part in research.



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