

OBJECTIVES OF EBPRAC PROJECT

1. To ensure that all residents are pain free or that their pain is managed to a level that is acceptable to them.
2. To ensure that effective pain assessment and monitoring tools are used at the facility for all verbal and all non verbal residents.
3. To provide education and support to Registered Nurses, Enrolled Nurses, Personal Carers and Allied Health Workers in the following areas:
 - Physiology of pain
 - Identification of pain experienced by residents
 - Using pain assessment and monitoring tools
 - Pain management strategies: pharmacological and non pharmacological
 - Developing individual care plans for pain management (plan, implement and evaluate)
4. Establish a pain management team to ensure that APS Guidelines are met and Quality Systems are continued.
5. To promote Resident and family involvement in the pain management process.
6. Liaise with Residents General Practitioners.

STRATEGIES TO MEET OBJECTIVES OF EBPRAC PROJECT

1. To ensure that all residents are pain free or that their pain is managed to a level that is acceptable to them.
 - For the duration of the project all residents will be assessed for pain.
 - Develop a system that ensures, through good assessment, documentation and reporting, all residents receive appropriate pain management

2. To ensure that effective pain assessment and monitoring tools are used at the facility for verbal and non verbal residents.
 - review pain assessment tool and suggest changes with rationale
 - mock up pain assessment and monitoring forms and with permission of facility management trial new forms for duration of project

3. To provide education and support to Registered Nurses, Enrolled Nurses, Personal Carers and Allied Health Workers.
 - Power point presentation (one specific for RNs, ENs and Allied Health Therapists, and one specific for Personal Carers and Allied Health Assistants)
 - Handouts
 - Role play interactive with staff
 - One on one contact (Aim 1 to 2 hours per staff member depending on needs)
 - Articles in Newsletter
 - Quiz
 - Nurse educators to be available for support when not on site by phone or email

4. Establish a pain management team.
 - Invite and actively seek out staff members who have a particular interest in forming a pain management team. Ideally no less than 6 members and to include at least 1 RN, 1 EN, 1PC, 1 Allied Health Therapist, 1 Allied Health Assistant, 1 senior clinical nurse and a doctor.
 - Assist and support the new pain management team in recognising their roles to ensure that best practice guidelines are met and quality systems are continued.
 - To promote case conferencing for difficult pain management problems.

5. To promote Resident and family involvement in the pain management process.
 - Nurse educators to attend Resident and Relative meeting and explain their role.
 - Encourage a member of pain management team (when established) to attend Resident and Relative meeting.
 - Identify need for Family/ Informant opinion of Resident's pain, for non verbal residents.

6. Liaise with Residents General Practitioners.
 - Introductory letter to all Residents GP's advising of our role in the EBPRAC project.
 - Invite interested GP to become member of the Pain Management Team.
 - Invite to Case Conferencing of difficult pain management problems.