

**Pain Management: Quality Improvement**

Gozi Okafor

Lakeview College of Nursing

N434: Evidence-Based Practice

Professor Katie King

September 9, 2023

## **Pain Management: Quality Improvement**

Quality improvement utilizes data to track the results of care procedures and improvement methodologies to continually design and test modifications to raise the standard and safety of healthcare delivery. The Quality and Safety Education for Nurses (QSEN) project's overarching objective is to rise to the challenge of educating future nurses who will possess the knowledge, skills, and attitudes (KSAs) required to constantly enhance the quality and safety of the healthcare systems in which they operate (QSEN), 2022). The most prevalent and upsetting health concern for cancer patients is that pain is a severe problem. Over the past few decades, developments in therapeutic methods have significantly improved the prognosis for children and adolescents with cancer. Cancer-related pain, however, continues to be a significant obstacle since it hinders the recovery process for cancer patients and reduces their quality of life by having a detrimental impact on their physiological and psychological well-being. Additionally, it hinders their treatment's ability to work and produce favorable results (Madi et al., 2023).

### **Article Summary**

In Lebanon, a recent study found that just eight articles about pain in the pediatric population have been published since 2010, indicating a need for more studies in this field. The authors also emphasized the need for better opioid availability and professional training to manage pain in young Lebanese individuals. More availability could enhance the country's approach to treating children and teenagers suffering from pain (Madi et al., 2023). This study investigates if pediatric oncology patients are willing to utilize a mobile health app that stresses peer support and social support in addition to traditional pain management techniques.

## **Introduction**

Childhood cancer survivors who felt socially isolated and lonely reported worse physical functioning, greater pain sensitivity, exhaustion, anxiety, and depression compared to those who did not feel lonely or to cancer-free control groups. These feelings bolster the notion that a person's level of social connectedness, attained through social support, impacts their physical and mental health and adherence to healthy behaviors. Applications for mobile health (mHealth) can be used to track symptoms, share experiences, assess pain, keep tabs on symptoms associated with treatments, and record self-management techniques, among other goals (Madi et al., 2023). These applications will allow for early detection of these feelings for efficient implementations.

## **Overview**

The QSEN competency quality improvement explains methods for altering care procedures, uses metrics to assess the impact of change, and recognizes the importance of what individuals and teams can do to enhance care (QSEN, 2022). Responses given by Lebanese kids and teens with cancer during in-person interviews support the acceptability of connecting via an app. The participants felt that interacting with others living socially and emotionally with cancer could lessen their discomfort (Madi et al., 2023).

## **Quality Improvement**

Quality improvement can profit from social resources, and promoting communication can substitute for pain management and a technique to increase adherence to treatment plans and foster a greater sense of well-being in children and teenagers with cancer. Studies have shown that social support from family, friends, other cancer patients, or others improved the quality of life of children and adolescents with cancer and significantly reduced the stress and strain on parents. These findings imply the existence of concentric circles of social support, with the patient's parents and other close relatives making up the

innermost circle and friends, caregivers, and other cancer patients making up the outer groups (Madi et al., 2023). Social support can be available through all three stages.

## References

Madi, D., Abi Abdallah Doumit, M., Hallal, M., & Moubarak, M. M. (2023, September 4).

Outlooks on using a mobile health intervention for supportive pain management for children and adolescents with cancer: a qualitative study. *BMC Nursing*, 22(1).

<https://doi.org/10.1186/s12912-023-01461-z>

Quality and Safety Education for Nurses (QSEN). (2022). *QSEN Competencies* . QSEN.

<https://www.qsen.org/competencies-pre-licensure-ksas>