Pain Management: Quality Improvement

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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 (Quality and Safety Education for Nurses, 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 (Quality and Safety Education for Nurses, 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. For effective acute pain control, institutions should create interdisciplinary approaches with distinct lines of responsibility. An individual plan of care for pain management using an interdisciplinary approach in consultation with the patient and family systems for tracking pain management will notify doctors when they should be in place. For instance, an alarm can appear in a facility with a computerized documentation system when a patient's pain level surpasses a preset limit. The threshold may be established jointly by the therapist and patient or institutionally. A pain threshold of at least four on a 0–10 scale, corresponding to moderate to severe pain, may be considered reasonable (RegisteredNursing.org Staff Writers, 2023). The basis for assessing the effectiveness of the acute pain management offered is the plan of care.

Application to Nursing

The leading causes of undertreating pain are inadequate assessment and ineffective treatment. There is substantial proof that most people can have adequate pain relief with analgesics or take the right medication at the proper times. Institutions should invest resources and time into enhancing these provider practices. Most pain guidelines advise using non-drug therapy, although the evidence for their reliable benefits in pain intensity, alleviation, or increased function is, at best, scant. This finding does not rule out whether a non-drug treatment or cafeteria-style techniques could improve patient outcomes (RegisteredNursing.org Staff

Writers, 2023). The nurse should know that the outcome is unpredictable when using these strategies.

Practice

An essential first step in delivering effective pain management is pain assessment. One of the most challenging impediments to attaining effective pain control, according to Anderson and colleagues' study of a sample of doctors and nurses, was the absence of pain evaluation. Although there are many recommendations and criteria for what makes an acceptable pain assessment, many seem unworkable in acute care. Nurses must choose the best assessment components for the current clinical circumstances when working with hospitalized patients experiencing acute pain. The most crucial feature of pain evaluation is that it is performed frequently and according to a set protocol. The hospital's or unit's policies and procedures should specifically direct the assessment parameters. After each intervention, pain should be examined again to determine whether adjustments are necessary to fulfill the patient's needs. Hospital or unit rules and procedures should also specify the time frame for review (RegisteredNursing.org Staff Writers, 2023).

Education

In order to instruct healthcare professionals on the proper management of acute pain, numerous state and professional organizations have created clinical practice recommendations. The recent guidelines are built upon the 1992 Acute Pain Clinical Practice Guidelines (RegisteredNursing.org Staff Writers, 2023).

Research

Nurse researchers use biobehavioral, multidisciplinary, and translational approaches to science to investigate people, their families, and communities. Nursing's commitment to improving quality and excellence in healthcare, as well as the crucial significance of basing professional nursing practice on research, are reflected in the priorities for nursing research (RegisteredNursing.org Staff Writers, 2023).

Conclusion

The QSEN Competency of Quality Improvement aims to give healthcare professionals—particularly nurses—the information, abilities, and attitudes required to participate in active and direct quality improvement initiatives within healthcare environments. The QSEN includes a broad range of capabilities, from comprehension of QI models and data analysis methodologies to good communication and teamwork abilities, all of which are supported by a dedication to patient-centered, moral, and culturally aware care (Quality and Safety Education for Nurses, 2022). A thorough assessment, tailored treatment plans, medication administration, non-pharmacological therapies, patient education, ongoing monitoring, and good communication are all part of nurses' holistic strategies to manage pain. It is an essential component of nursing care that aims to raise the patient's comfort level, well-being, and general quality of life (Madi et al., 2023). In order to guarantee that healthcare is patient-centered, secure, and efficient, quality improvement and pain management are essential. They support improved patient outcomes, elevated contentment, and a more effective and long-lasting healthcare system. By prioritizing these factors, healthcare practitioners can provide superior-quality care that aligns with their patients' needs.

References

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