



Pain Management Educational Intervention in a Rural Long Term Care Facility

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Statement of the Problem

- Inadequate staff pain management knowledge, skills, attitudes in rural LTC
- Increasing LTC population requiring pain management

Background

- Inconsistent pain assessment and management in rural LTC facilities¹
- Majority of LTC residents die with inadequate pain relief²
- Positive educational experiences increase staff retention/satisfaction³
- Myths and misconceptions lead to inadequate pain management⁴

Purpose

The purpose of this QI project is to:

1. Assess staff pain knowledge, skills, and attitudes in a rural LTC facility
2. Employ brief pain management educational programs to nursing staff
3. Evaluate effectiveness by reassessing pain knowledge, skills, attitudes post intervention

Methods

Sample: 26 RNs

Setting: LTC units (medical, rehab, behavioral health) at a rural VA center

Timeline: February-May 2018

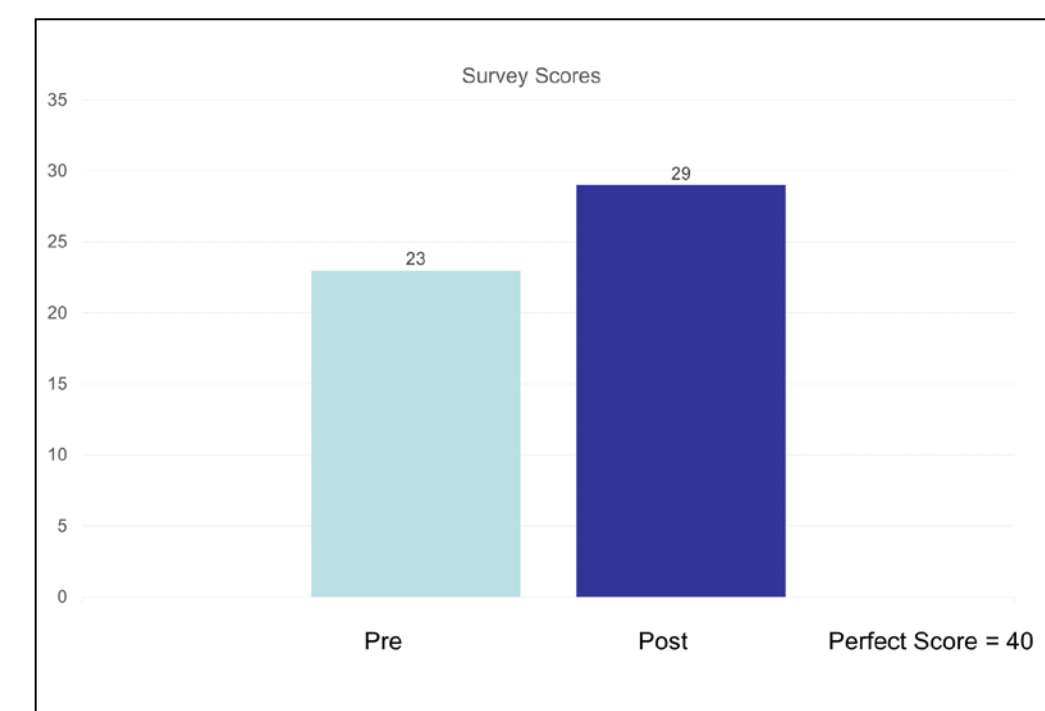
Intervention: 9 education sessions

- Pain assessment
- Pharmacology
- Nonpharmacologic approaches

Case study, power point review, facility pain assessment tools, 'cheat sheet' assessment and medication information

Pre/post pain knowledge, attitudes survey⁵

Findings



Mean age 30.5 years: (21-50)

Mean nursing years: 6.6 years (<1-18)

Mean scores: Pre 23 (15-31); Post 29 (22-38)

Greatest score increase: pain management pharmacology section

Conclusions

- Average score increased by 26.1%
- Short bursts of education utilizing facility tools well accepted
- Future Plan: to continue program with end-of-life symptom management

Limitations

- Limited availability of staff secondary to staffing patterns
- Lack of consistent application opportunities related to patient population
- Reduced opportunity for continued review and support

Acknowledgements/References

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Mentoring support: Dr. Regina Fink