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VCU Health: Adult & Pediatric Inpatient Pain Communication Guide (Algorithm)

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Adult & Pediatric Inpatient Pain Communication Guide

All pain communication should include collaboration and education with the patient and family.

1. Patient reports unacceptable pain
   RN performs detailed assessment*

2. Order present?
   OR
   Is patient able to receive current medication order?

   Provide Complementary and Alternative Therapies
   See Page 3

3. RN to Administer scheduled and/or PRN medications
   Reassess within 1 hour

   If Not Effective
   Begin Paging Guide

If patient has pain with significant change in vital signs:
   Adults
   Heart Rate <50 or > 130 BPM
   Systolic BP <90 or >220 mmHg
   Diastolic BP <40 or >120 mmHg
   Respirations < 8 or > 30 per minute
   O₂ Sats < 90% that fails to respond to intervention
   Pediatrics
   Change of > 10% from baseline vital signs
   Or meets other RRT criteria
   Notify RRT & provider immediately
   If Chest Pain see Chest Pain Algorithm

* Detailed assessment includes pain score, scale, location, is the pain acceptable/ wants intervention, able to communicate pain. Review PC.CP.005 for more information.

**Other resources available at any time: Acute Pain Service Nurses 24/7 Pager 2899, Pharmacy 828-0364, Adult Palliative Care Team M-F 8-5 Pager 9916, Substance Abuse M-F 8-5 828-9915, Pediatric Palliative Care: Amanda Creamer & Jean Teasley

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Page 1 Last Update 12/2015
Paging Guide

All responses should be within 30 minutes. If response not received proceed through next step in guide.

1. **Page 1st call with:**
   - Patient Information
   - Patient Location
   - Pain Score, Location and Onset
   - What has already been done for the pain?
   - Nurse Suggestion
   - 7 Digit Call Back Number

2. Return call and discussion with no additional order

3. Collaboration with patient regarding plan from discussion with provider

   - If patient is dissatisfied with plan
     - Request a bedside assessment and discussion with the patient, bedside nurse and provider

   - If provider unable
     - Pull in Nursing Resources to include Resource Nurse, Clinical Coordinator, Nurse Manager, Nurse Clinician, Clinical Administrator P# 6105, or Nursing Director

4. Order change

5. Return to pain communication guide step 2

6. Page 1st call again utilizing template and ‘Second Page, Please Call’

   - Return Call received?
     - Yes
       - Depending on the response return to Pain Communication Guide OR follow appropriate route on Paging Guide
     - No
       - Page supervising provider with template to include first call information

   - If questions about who to call?
     - Pull in Nursing Resources to include Resource Nurse, Clinical Coordinator, Nurse Manager, Nurse Clinician, Clinical Administrator P# 6105, or Nursing Director

* Detailed assessment includes pain score, scale, location, is the pain acceptable/wants intervention, able to communicate pain. Review PC.CP.005 for more information.

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Page 2 Last Update 12/2015
Complementary and Alternative Therapies

- Pain Basket: Flameless candle, Aromatherapy with lavender & chamomile, Eye masks, Ear plugs, Word Searches & CDs
- Care Channel (78) for imagery and relaxing music
- Music Therapy
  - Monday- Friday 9-4
  - 827-9962
- Arts in Healthcare
  - Monday- Friday 9-4
  - 828-4706
- Art Specialist
  - Monday- Friday 9-4
  - Adult: 628-1771
  - Pediatrics: 828-3219
- Dogs on Call
  - Monday- Friday 8-5
  - 828-0922
- Ice
- Heat
- Repositioning
- Distraction

Additional Pediatric Specific Interventions:

- Child Life: Hours are variable 828-3415
  - Guided Imagery
  - Massage
  - IPad-diversional activities
  - Pillows
  - Music/white noise