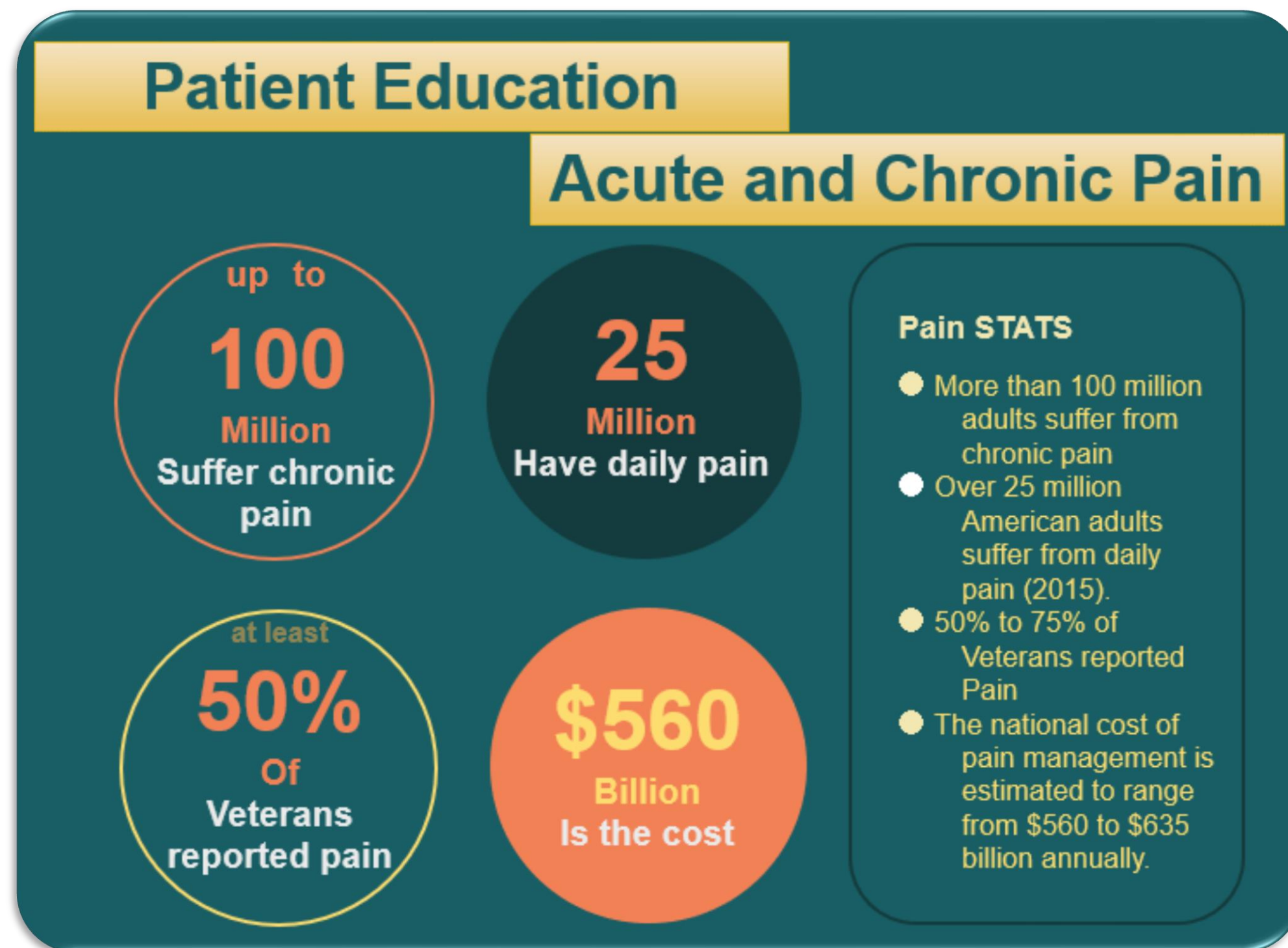


Pain Management Patient Education Program Development Initiative

Edgardo E. Lugo, DNP, CRNA

Introduction

- *Relieving Pain in America*, indicates that more than 100 million adults suffer from chronic pain (2011).
- The National Institutes of Health reported that more than 25 million American adults suffer from chronic daily pain (2015).
- The National Pain Strategy (NPS) provides recommendations for improvement in six areas of pain management.
- The NPS recommends public education and communication to explore how a **preoperative patient and family education program** will improve the overall surgical experience with emphasis on pain management.



Purpose

The primary objective of this pain management patient education program development initiative was to develop a patient education program for Veteran's Healthcare Administration (VHA) surgical patients which includes information, strategies, and outcome assessments for the management of postoperative pain.

Background and Significance

- **Pain is one of the most frequently reported symptoms** in the veteran population.
- Treatment of pain is often delayed, disorganized, inaccessible, and/or ineffective.
- Healthcare providers inadequately diffuse knowledge about pain to patients.
- Postsurgical pain remains a healthcare dilemma.
- Patients who receive preoperative education interventions reportedly have less severe pain postoperatively.
- Educated patients will experience fewer and less severe pain medication side effects and will return to normal activities sooner.

Patient education
-important for optimal pain management

Methodology

Plan-Check-Do-Act (PCDA)

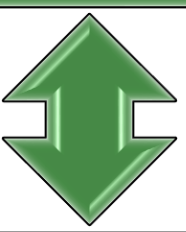
Plan

- Performed literature review, developed proposal, selected the conceptual model, and determined the content experts.
- Content experts were CRNA educators with full time employment at a large public university.
- Content experts were well versed in developing and implementing educational programs in concise and deliberate platforms and/or presentations



Do

- Developed patient education program, developed patient assessment pre-intervention and post-intervention instruments, and developed content expert assessment instruments.
- A critical component of this program development initiative was to have the patient education program formally evaluated by content experts prior to distribution to an actual patient population at a Veterans Affiliated Medical Facility.



Check-Study

- IRB approval was obtained from the University of South Florida.
- The patient education program presentation and assessment tools were provided to the anesthesia content experts through an on-line Qualtrics Survey Tool (QST).
- Content experts utilized a 13-item instrument to grade the content, organization, creativity, and overall flow of the presentation.
- A minimum of 2 questions per category (Content, Organization, Creativity, and Overall Flow) with Likert type items on a scale of 1-5 were included (graded responses from strongly agree to strongly disagree).
- Content experts were encouraged to provide free-text feedback.
- Data collected from surveys was statistically analyzed.



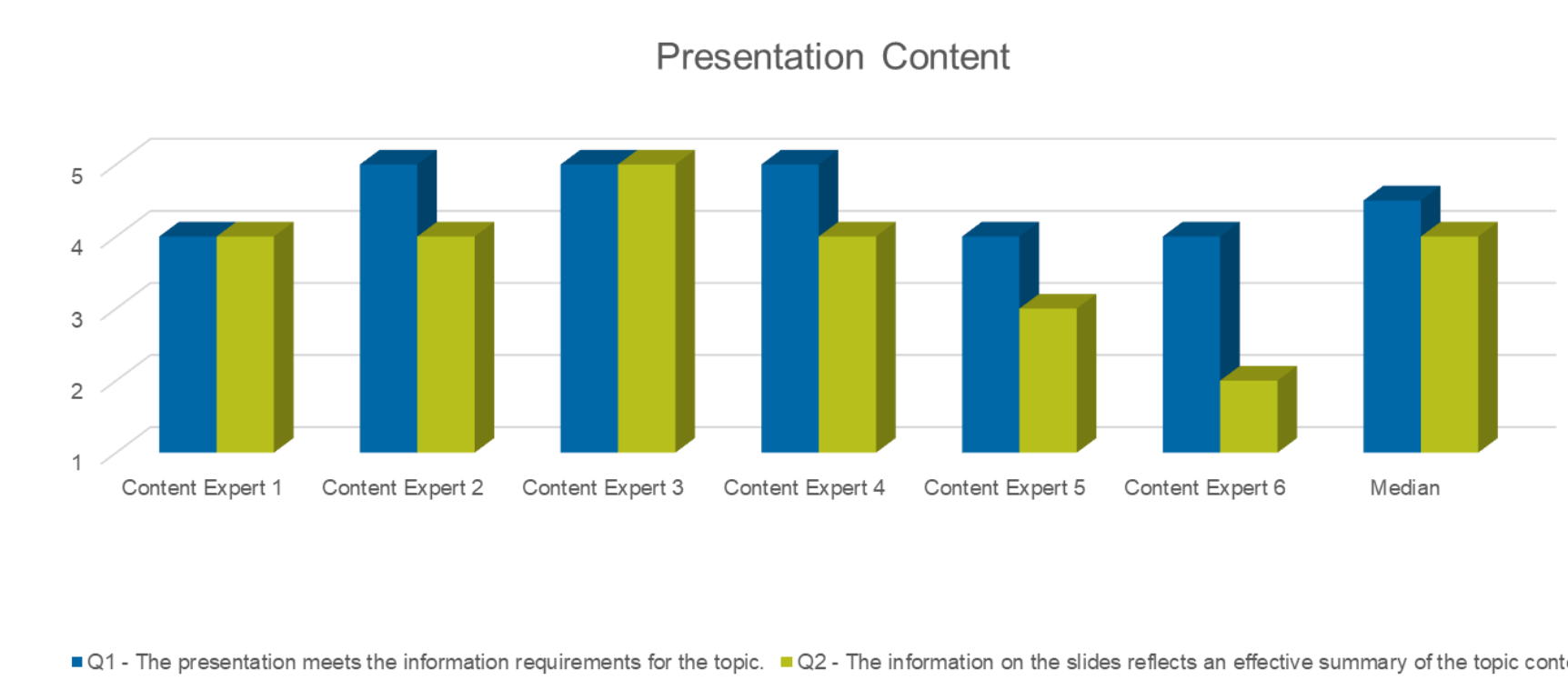
Act

- Education program and assessment instruments will be revised.
- Deployment of education initiative to a VA surgical population in 2020.
- The education initiative will be utilized in conjunction with the Lean Six Sigma tool.

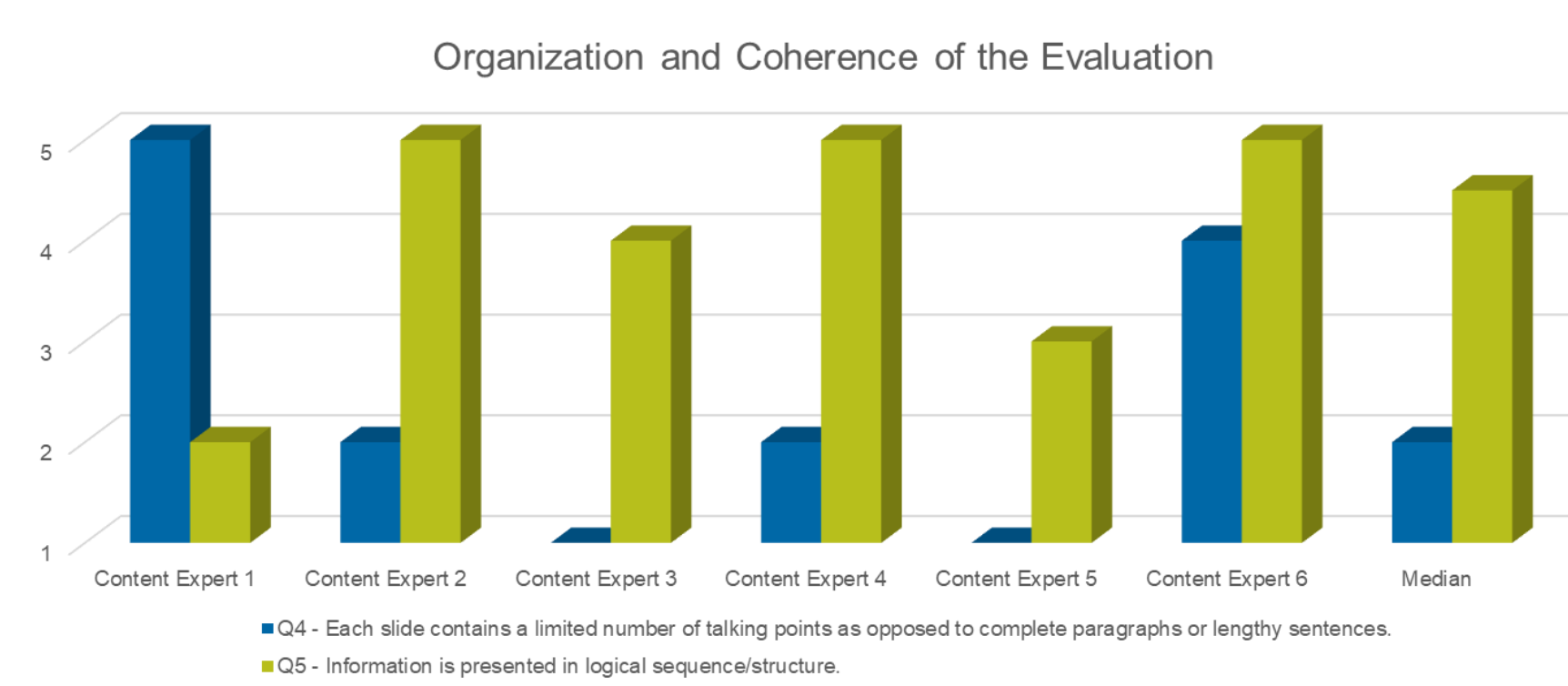
Results

- Content experts had over 90 years of collective experience (Mean, 15.8).
- 100 % completed the online evaluation
- Numerical responses were summarized with descriptive statistics and free-text feedback was evaluated with qualitative content analysis.

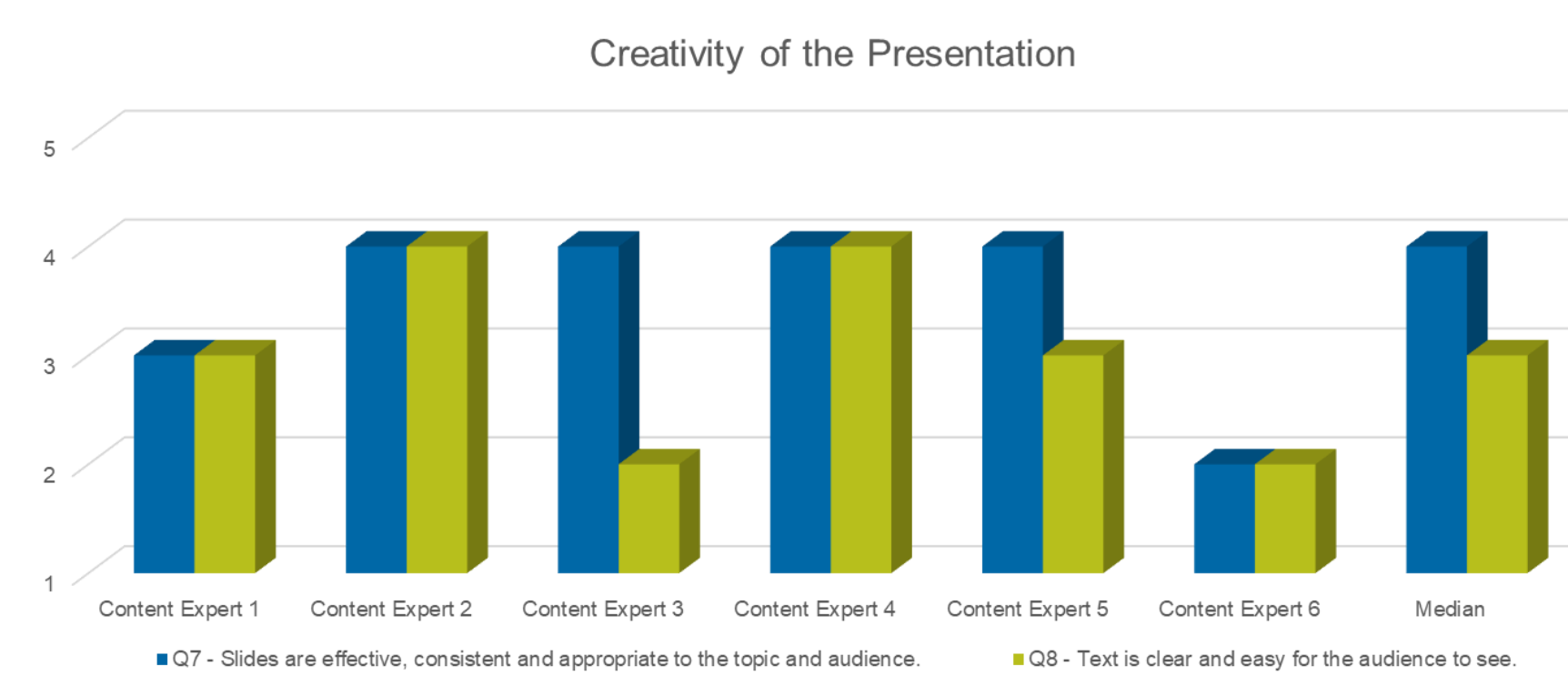
Evaluation of the Content of the Presentation, Figure 1



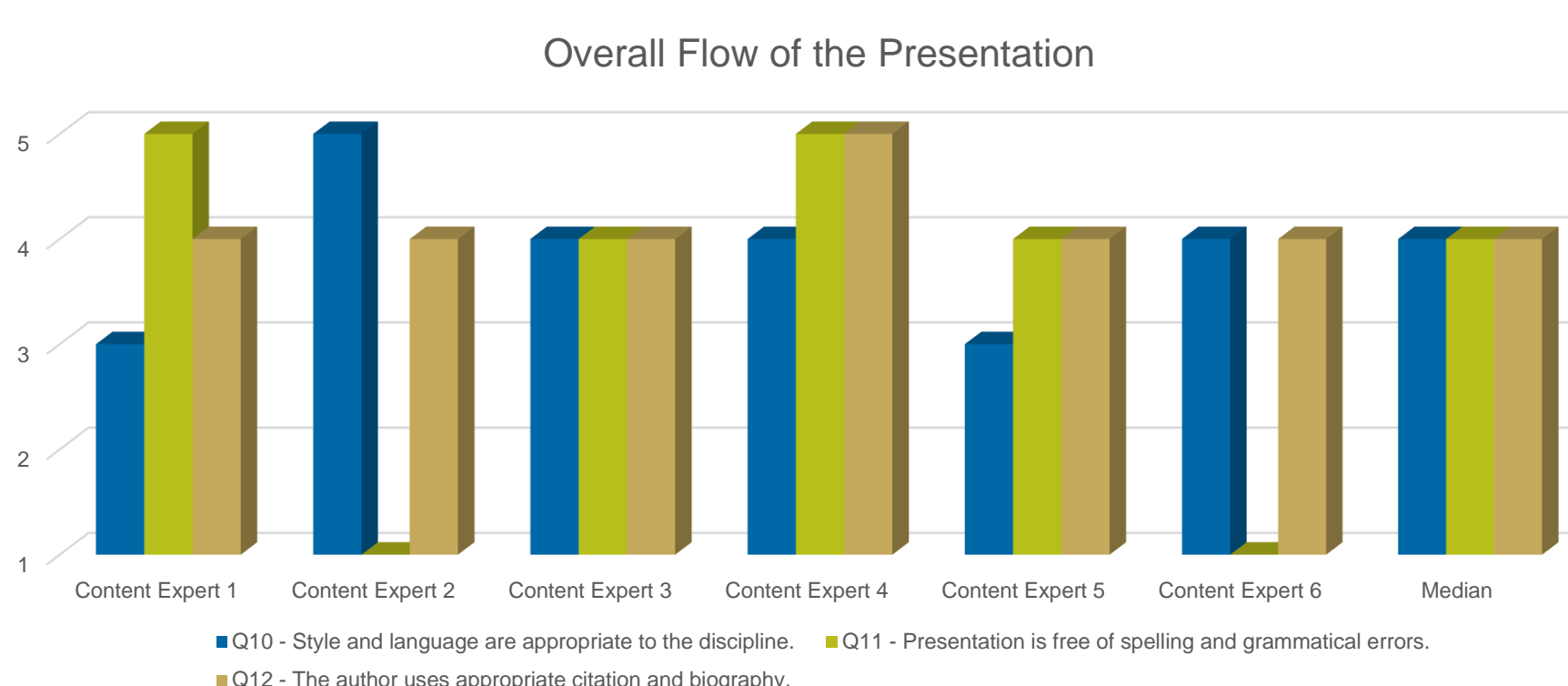
Evaluation of Organization and Coherence of the Presentation, Figure 2



Evaluation of Creativity of the Presentation, Figure 3



Evaluation of the Overall Flow of the Presentation, Figure 4



Results

- The content evaluation was favorable, see figure 1 for median values.
- The organization and coherence was not favorable, see figure 2. Median score for question 4 was 2. Routine free text comments included excessive content on each slide and the length of the presentation was too long.
- The creativity was favorable, see figure 3. Although, free text comments included fewer words on the slide and more visuals to make the slides more consistent and appropriate to the audience.
- The overall flow was favorable, see figure 4. Although, free text comments included the presentation was at a level that only a healthcare provider could comprehend. Revise to an eighth-grade level.
- The survey instrument comments included helpful comments that will be used to revise. One comment revealed that two of the assessment items were worded more like a statement than a question.
- One content expert revised two items to quantify the actual amount of opioids that were consumed.

Discussion and Future Implementation

- The Kolb's experiential learning theory provided the structure for the integration of the literature and project findings regarding the experience of pain and the potential benefits of a preoperative pain management education program.
- The program development initiative will be deployed in early 2020 and will be utilized in conjunction with the Lean Six Sigma tool.
- The program will be available in both English and Spanish to reach those Veterans who's preferred language is Spanish.
- Anticipated Improvement in the current surgical process and outcomes for patients in the VISN8 of the Veterans Administration Healthcare System.

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References

References available upon request

