

Effectiveness of Intensive pain education for patients with Patient Controlled Analgesia after post-thoracic surgery



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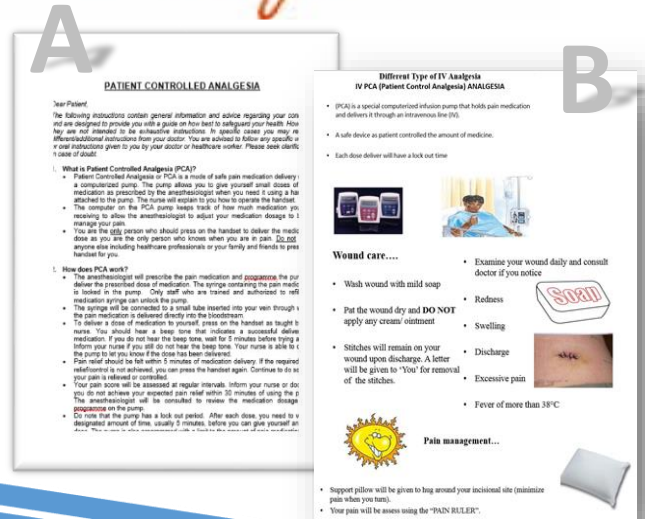
1. INTRODUCTION

To assess the participants' understanding on the use of Patient Controlled Analgesia (PCA) device (Figure 1) after post-thoracic surgery via

- a routine pain education
- an intensive pain education (consists of pictorial aids)



Figure .1 PCA computerized pump with portable controller



3. METHODS

Design

- Randomized Controlled Trial

154 Participants were enrolled in a surgical ward based institution

They were equally randomized

1 Control group

2 Study group

Participants were assess on admission and 6 Hours post-surgery in the ward based on

- Data Collection
- Data on pain relief experiences during resting, breathing, coughing, turning, and moving were analysed

- Statistics
- T- test was conducted and a $p < 0.05$ was accepted as the level of statistical significance.
 - IBM SPSS Statistical Version 20.0

Figure 2. Numerical Pain Rating Scale

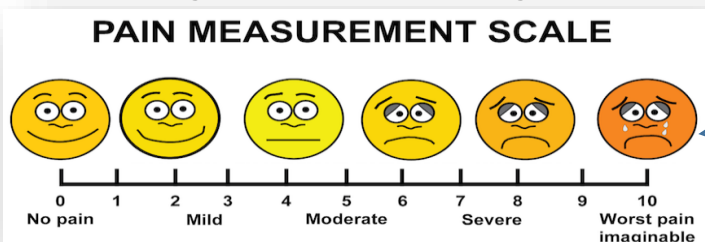


Figure 3. FLACC Scale

FLACC Scale ²		0	1	2
1	Face	No particular expression or smile.	Occasional grimace or frown, withdrawn, disinterested.	Frequent to constant frown, clenched jaw, quivering chin.
2	Legs	Normal position or relaxed.	Uneasy, restless, tense.	Kicking, or legs drawn up.
3	Activity	Lying quietly, normal position, moves easily.	Squirming, shifting back and forth, tense.	Arched, rigid or jerking.
4	Cry	No crying (awake or asleep).	Moans or whimpers; occasional complaint.	Crying steadily, screams or sobs, frequent complaints.
5	Consolability	Content, relaxed.	Reassured by occasional touching, hugging or being talked to, distractible.	Difficult to console or comfort.

2. OBJECTIVES

- Enhance participants' knowledge in the use of PCA devices.
- Engage participants in better pain management after post- thoracic surgery.

4. RESULTS

Table 1. Demographic Details

Characteristics of participants	Study Group n=77 (%)	Control Group n=77 (%)
Gender		
Male	47 (61%)	53 (68.8%)
Female	30 (39%)	24 (31.2%)
Age		
Below 65 years	57 (74%)	59 (76.6%)
Above 65 years	20 (26%)	18 (23.4%)
Education		
No education	12 (15.6%)	11 (14.3%)
Primary education	14 (18.2%)	13 (16.8%)
Secondary education	22 (28.6%)	21 (27.3%)
Diploma	12 (15.6%)	24 (31.2%)
Degree	17 (22%)	8 (10.4%)

Research Findings

- No significant difference** between both groups
- No significant difference** between NRS and FLACC scales when assessing the overall pain relief at **0 Hour** (immediately upon arrival at the ward from operating theatre) and at **6 Hours** (post-procedure)
- Study group participants fared better in their understanding of intensive pain education materials.

5. CONCLUSION

- Establishing rapport with patients, as well as actively engage the patient's family in the process of pain management.
- Giving reassurance and comfort care after post-thoracic surgery could strengthen the standard of clinical outcomes.