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Development of the ASPAN Pain and Comfort Clinical Guideline

Linda Wilson RN, PhD, CPAN, CAPA, BC
Dina Krenzischek RN, MAS, CPAN
H. Lynn Kane RN, MSN, MBA, CCRN
Consensus Process

● Descriptive Study (Survey)
  - Survey of Perianesthesia Nursing Practice on PACU Pain and Comfort Management
Consensus Process

- Pre-Consensus Conference

- Pain & Comfort Experts
  - Chris Pasero (Pain Expert)
  - Linda Wilson (Comfort Expert)

- National Leaders
Consensus Process

- **Consensus Conference**
  - January 12-13, 2002 Nashville, TN.
    - ASPAN (American Society of Perianesthesia Nurses)
    - ASA (American Society of Anesthesiologists)
    - AANA (American Association of Nurse Anesthetists)
    - JCAHO
    - Pain & Comfort Experts
    - National Leaders
    - 75 State Representatives
Pain & Comfort Clinical Guideline

- Development of the guideline
  - Addressed phases of perianesthesia care
    - Pre-operative phase
    - Post operative phase
      - Post anesthesia Phase I
      - Post anesthesia Phase II
      - Post anesthesia Phase III
Pain & Comfort Clinical Guideline

- Development of draft of the guideline
  - Addressed perianesthesia care in all phases
    - Assessment
    - Interventions
    - Expected outcomes
Pain & Comfort
Clinical Guideline

● IRB Approval
  – Johns Hopkins Hospital, Baltimore MD
● Pilot test of guideline
  – Revisions made based on results of pilot
● Research testing of the guideline
  – Clarity, Usability, Feasibility
  – Multi-site / Multi-state Research Study
Pain & Comfort Clinical Guideline

- Completion of testing of the guideline
- Analysis of results
- Guideline formatted and printed
- Board of Directors and Representative Assembly approval
- Endorsement of Guideline
  - American Society of Anesthesiologists
- Development of Resource Manual

- Pain and Comfort Clinical Guideline
- Pain and Comfort Management Competency
- Interventional Pain Therapies Competency
- Advanced Comfort Management Competency
- Pediatric Pain Management Competency
- Geriatric Pain Management Competency

- Practical Guides
  - Legal
  - Documentation
  - Integrative Therapies
  - Culturally Diverse Patients
  - Special Considerations
Pain & Comfort
Resource Manual

- Educational Resources
  - Patient & Family Teaching Guide (English & Spanish)
  - Relaxation Exercises
  - Patients Talking About Pain (English & Spanish)
  - Clinician’s Teaching Guide
  - Questions & Answers for Clinicians
  - Frequently Asked Questions by Perianesthesia Nurses
Pain & Comfort
Clinical Guideline

- National Guidelines Clearinghouse
  - Guideline submitted and accepted

- Guideline also available as a free download from the ASPAN website
  www.aspan.org
References

Suggestions for Future Research

- Impact of the guideline on patient outcomes
- Application of the guideline to acute care clinical areas outside of the perianesthesia setting
- Application of the guideline to patients not in the acute care setting
- Re-testing of the guideline after updates and modifications