PURPOSE:

- Effective pain assessment and management can remove the adverse psychological and physiological effects of unrelieved pain. Optimal management of the patient experiencing pain enhances healing and promotes both physical and psychological wellness. It is beneficial for the patient and his or her family and/or support structure, as appropriate, to be involved in all aspects of his or her care, including pain management.

- During the assessment process, information shall be gathered on the existence of pain and its effect on many aspects of the patient. Since pain is rarely a static process, the assessment process shall be ongoing, not simply a one-time event. The information obtained in the assessment shall allow for the formulation of a plan of care with goals related to pain management.

POLICY:

- _________________ (organization name) shall respect and support the patient’s right to optimal pain assessment and management.

- Pain shall be assessed in all patients in the organization.

- The organization shall also address the appropriateness and effectiveness of pain management.

- This organization shall use the _________________ pain scale.

- An individualized pain management plan shall be developed based on the patient's current medical condition, medical history and specific pain management goals.

- A pain treatment agreement or contract, as applicable, shall be developed by the physician and patient to outline specific expectations of the patient's pain management plan.
  
  - Refer to the Pain Treatment Agreement - Controlled Substances policy and procedure.
POLICY:

- The multidisciplinary healthcare team shall care for each patient on a one-on-one basis.
- The organization and/or pain center shall employ well-known methods to treat all pain disorders including the stress and depression associated with these entities.
- The patient and family play an active role in the rehabilitation process and shall be involved in their pain management and treatment plan.
- The organization shall employ pain management specialists working in an interdisciplinary format. Our integrated approach shall ensure that each patient is treated with a full range of somatic, cognitive and behavioral techniques in an individually-based treatment program.
- This Pain Services shall treat a variety of pain disorders, including the following:
  - Abdominal pain
  - Arthritis
  - Bursitis
  - Cancer pain
  - Carpel tunnel syndrome
  - Causalgia
  - Extremity pain
  - Fibromyalgia
  - Head and neck pain
  - Headaches
  - Lower back pain
  - Migraines
PURPOSE:

Trigger point injections shall be used to decrease inflammation to muscle areas and break the pain cycle of headache disorders and myofascial pain.

EQUIPMENT:

- Mayo stand set-up
- Sterile gloves
- Alcohol pads for skin prep
- Sterile pack with towel, gauze and C-Arm drape
- Three (3) or Five (5) mL syringes
- 22, 25, or 27 gauge needles, varies depending on site of injection
- Two (2) - 25 gauge needles
- Lidocaine 1% or procaine 1%, per order of Licensed Independent Practitioner (LIP)

POLICY:

The Physician/LIP shall perform trigger point injection therapy with assistance from qualified clinical staff as needed to decrease inflammation and break the pain cycle caused by headache disorders, myofascial pain, fibromyalgia and other chronic muscular pain.

PROCEDURE:

- Licensed healthcare staff shall:
  - Set up the Mayo using aseptic technique.
  - Identify the patient using two (2) patient identifiers.
  - Obtain the patient’s medical history and current medication list.
POLICY:

- The patient and/or his or her family shall be provided with appropriate education and training to increase knowledge of the patient’s illness and treatment needs and to learn skills and behaviors that promote recovery and improve function.
  - The assessment considers cultural and religious practices, emotional barriers, drive and motivation to learn, physical and cognitive limitations, language barriers and the financial implications of care choices.

- Based on the patient’s/family’s assessed learning needs, education shall include the following:
  - Instruction on patient rights and responsibilities.
  - Explanation of the patient’s plan of care, treatment and services.
  - When called for by the age of the patient and length of stay, the facility shall assess and provide for patient's academic education needs.
  - Instruction in preventive health practices and safety issues.
  - Infection prevention and control measures shall be reviewed with the patient and/or family, when appropriate, as soon as possible upon patient's entrance into the facility.

    - Infection prevention and control measures shall be reviewed with the patient and family, as appropriate, include hand hygiene, respiratory hygiene, contact precautions.

- The safe and effective use of medication, including side effects and reporting these side effects, in accordance with legal requirements and patient needs, when applicable.

- Instruction in pain management, including pharmacologic and non-pharmacologic methods to reduce pain.

- Educational information about procedure being performed, risks associated with procedure, treatment plans and potential complications to look out for after procedures or courses of care.