

No Pain, Real Gain!

Non-Pharmacological Strategies

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INTRODUCTION

- Neonatal Care has dramatically changed in the last 30 years. ^{1,3}
 - Developmental Care models help us to understand how the environment influences behaviour and how to create healing environments. ⁵
- We are all aware that unmanaged pain has immediate and long term developmental consequences to premature babies and a negative impact on parental wellbeing. ^{2,3,4}
- Family Integrated Care has played a fundamental role by supporting inclusion of parent-delivered interventions. Non-pharmacological strategies can be used prior to, during and following painful procedures, such as: breastfeeding, skin to skin, non-nutritive sucking (NNS). ^{2,4}

AIMS OF QUALITY IMPROVEMENT PROJECT

- ⑩ Increase awareness on pain management among staff members
- ⑩ Provide non-pharmacological strategies to support pain management
- ⑩ Improve parental participation in supporting comfort and pain management
- ⑩ Improve communication to support parental participation and well being

METHODS



- Survey questionnaire - to assess the knowledge and skills of staff members on recognition of neurobehavioral cues, parent's support and non-pharmacological pain management strategies.
- The audits focused on observing implementation of non – pharmacological approaches to minimise pain during immunisations, lumbar punctures, blood tests, nasogastric tube insertion, cannulation and eye testing etc.
- 4 Films created demonstrating good and bad practice + 4 presentations and handouts uploaded into hospital online learning platform
- Training competition - “No pain, real gain!”
- Implementation of Neo Alps

ANALYSIS

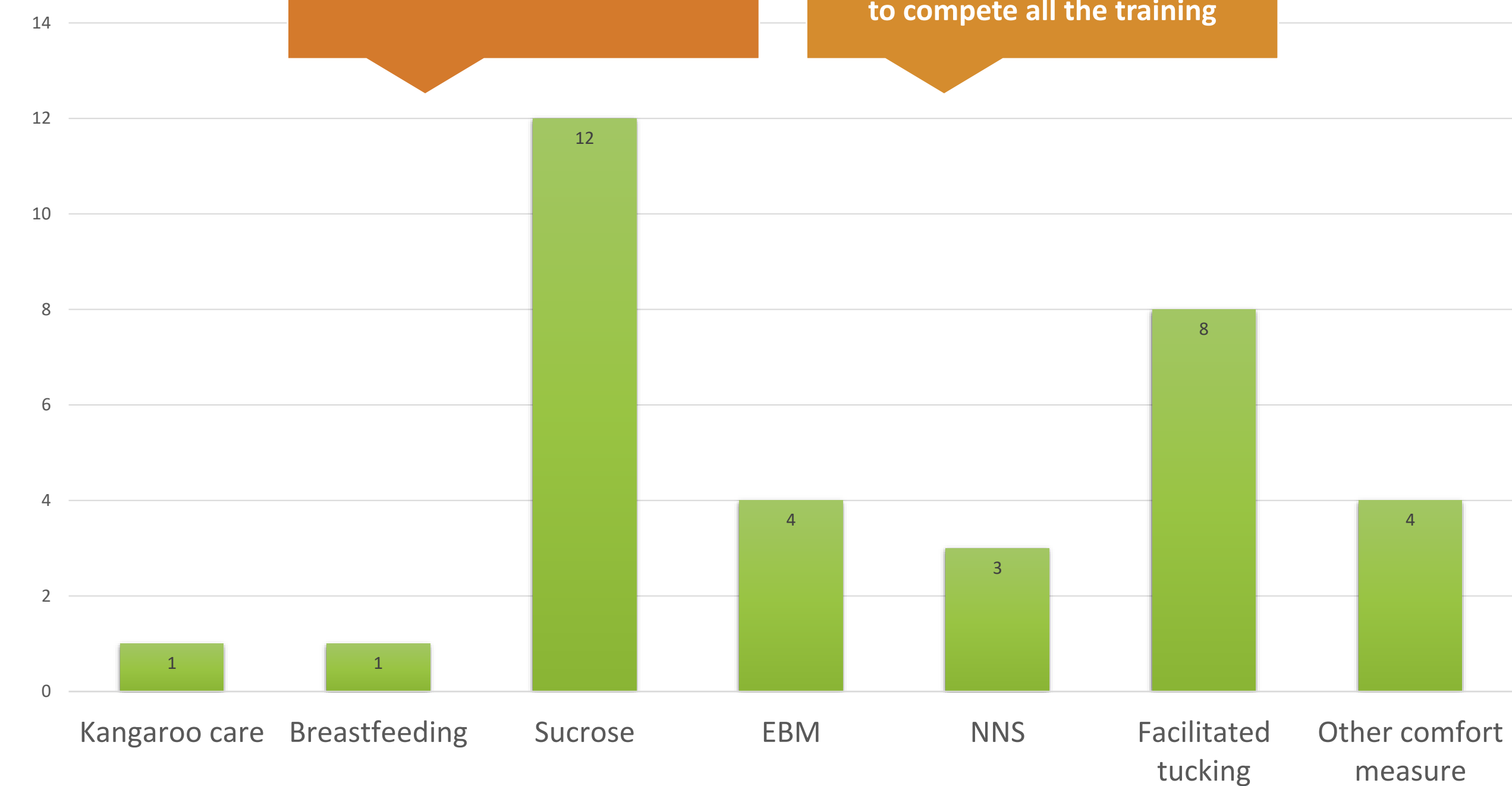
54 staff members completed the survey questionnaire

Participants identified a range of non -pharmacological approaches for infant pain management: sucrose; breast feeding / comfort; skin to skin; pacifier use; swaddling; positioning; massage

32% [strongly agreed] that skin to skin was an effective non-pharmacological strategy in contrast with 41% who [strongly agreed] that sucrose was effective

40 observations - main non-pharmacological strategy used was sucrose (graphic 1)

120/170 (70%) staff members completed the online training. 170 team members placed into 9 teams of 19 with a name and team captain – 3 teams managed to compete all the training



Graphic 1- Non pharmacological strategies identified

CONCLUSION

There is a gap between knowledge and understanding pain perception and management vs what is happening in practice.

The team competition created awareness and a multidisciplinary team discussion about the importance of the Neonatal pain management. We have re-audited the practice and have seen an improvement. Implementation of a new pain tool assessment (Neo Alps)

Guidelines created and the use of 2 people to help during painful procedures was implemented.

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