Do young adults need a special pain management program?

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Daily Hassles when postoperative Caring for young Adults with cardiovascular Diseases

Pain

Nausea

Vomiting
Existing Evidence – applicable for young Adults?

Studies e. g.

Mean 71 years  SD 4.96
Median 5.5 years  Range 7 d – 17 years

18 – 25 years?

Bernard et al., 2014; Zimmerman et al., 2010
Postoperative nausea and vomiting (PONV)

Children 33 – 82%
   Twice as frequent compared with adults
Women
   triple frequency AND double intensity

Most feared postoperative complication after pain
Expectation PONV $\rightarrow$ PONV

Höhne, 2014; Hüppe et al., 2013
PONV, POV - main Causes and Risks

Volume
  - need for preoperative fasting
  - dehydration

Hypoglycemia

Stress

Metabolic disorders

Previous PONV or family history

Engoren et al., 2014; Fullerton & Sundt, 2014; Kappen et al., 2015
Barriers to effective Medication

Pain medication not tolerated
Prescribed as needed…
receive 47-50% of prescribed dose

Children undertreated for pain

Insufficient premedication order/application before procedures

Habich et al., 2012; Kozlowski et al., 2014
Communication Barriers

Parents started discussing about pain management

Patient reluctance
to report pain
to ask the nurse for analgesics

Children felt nurses need to take more action

Habich et al., 2012; Kozlowski et al., 2014; Twycross & Collis, 2013; Watt-Watson et al., 2004
Barriers in Health Care Professionals

Individual concerns about medication side-effects

Low priority by medical and nursing staff

Ability to assess pain

Czarnecki et al., 2011
PONV Prophylaxis

Medication based

Intra- and postoperative antiemetics

Adequate hydration → volume

Hypoglycemia prevention → glucose

Engoren et al., 2014; Höhne, 2014; Kappen et al., 2015
Proactive Pain Management

Talk to
patient and family members
interprofessional team
Medication → opioids AND others
fix
as needed
early

Balga et al., 2013
100% Pain AND PONV Management

Just do it, it’s up to YOU

Good management → good results
Use rounds to talk about pain and PONV
Advanced nursing practice team
Young adults → Evidence!

Czarnecki et al., 2011; Iodice et al., 2011
What are your Concerns and Beliefs about…

Pain management in young adults?
Origin of pain?
Side effects of opioids?
PONV?
Satisfaction of patients and families?

McCormack et al., 2009; Watt-Watson et al. 2004
Stop teaching – start learning

How could we improve pain management in young adults?

Our barriers?
Our ressources?
To collaborate with…?

McCormack, Manley & Garbett, 2009
Welcome to hassle-free nursing care for young adults with cardiovascular disease.
References

• Engoren, M, Schwann, T. A., Habib, R. H. (2014). Journal of Critial Care, 29; 611-617
References