

Title: Pain Management Educational Intervention for Long Term Care Staff in a Rural Facility

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Problem: Limited pain management knowledge, attitudes and skill of nursing providers in a rural long-term care facility.

Background: Research into pain management for rural long-term care residents has shown inconsistencies with pain assessment and management. This leads to a decreased quality of life and increased stress for caregivers and staff. Barriers to adequate pain relief include staff perceptions, knowledge and attitudes about pain management.

Purpose: To provide an educational opportunity for nursing staff, addressing pain assessment, pharmacological and non-pharmacological interventions and applications to improve pain management.

Methods: This project is one aspect of a larger quality improvement project to enhance pain assessment and management knowledge, attitudes and skill of nursing staff (RN, LPN) in a rural long-term care facility. A validated survey tool was administered pre/post educational intervention. Three educational sessions of short duration which reviewed pain assessment and management were presented in a variety of settings, with reference material left in each area. Survey results were compiled and analyzed to determine improvements in knowledge, attitudes, and skills as a result of the educational intervention.

Implementation timeline: December, 2107 – May, 2018.

Results: Bedside nursing staff from the facility responded to the offering, attended the educational sessions and completed pre/post intervention surveys. Post intervention results improved in all respondents, with the most dramatic improvement seen in areas that do not routinely cohort residents with pain management issues. Barriers to the intervention included limited physical resources, low staff attendance, and lack of routine application of learned information (limited population of residents with pain management issues).

Conclusion: Results have shown the need for education of staff for improved pain management in all long-term care settings.