**Introduction**

- Optimal pain management is essential for patient recovery and satisfaction.
- Research has shown that pain education can decrease length of stay, post-op complications, and patient anxiety.

**Problem Statement**

In hospitalized patients, does the use of a pain education brochure improve patient knowledge of pharmacological and alternative methods for optimal pain management, during the course of their hospitalization?

**Literature Review**

- Pain is undermanaged in hospitalized patients.
- Patient knowledge deficit regarding pain and what to expect increases anxiety and perception of pain.
- Patients want pre-op education on pain.
- Pain affects physical and psychological well-being.
- Sub-optimal pain management increases healthcare costs.
- A combination of pharmacological and complimentary treatment (massage, hot/cold therapy, music, acupuncture) provides improved pain relief.
- Patient knowledge helps them be an active participant in their own care.

**Methodology**

Educational pain brochure for hospitalized patients.

Brochure provides overview of pain, pain assessment, how to describe pain, and pain pharmacological and complimentary treatment options.

Brochure created through:

- Review of CINAHL and MEDLINE databases.
- Utilization of expert resources from American Academy of Pain Medicine, National Institute of Nursing Research, and American Society for Pain Management Nursing.
- Collaboration with multi-disciplinary pain team.

**Findings**

Educational pain brochure for medical and surgical patients.

**Recommendations**

- Incorporate brochure into pre-op teaching in ambulatory clinics, pre-anesthesia screening clinic.
- Include brochure as part of nursing admission education for non-planned admissions.
- Share brochure with nursing through PRN classes and UBC structure.