The objectives of the pain management course are:

1. The nurse will determine accurate methods of pain assessments for the pediatric patient
2. The nurse will exhibit knowledge of all aspects of pain management medications to ensure patient safety
3. The nurse will demonstrate proper use of pain management equipment on pediatric patients
4. The nurse will provide accurate documentation of initiation, maintenance, and discontinuation of pain management in the electronic medical record.

FLIPPED: Removing the ‘ouchie’ from pain management education

Several different techniques were used to teach this course. A pain management PowerPoint is e-mailed to the nurses prior to class, and an epidural book with worksheets is given to the nurses prior to class. The nurses are expected to finish all worksheets as their ‘ticket to ride’. The nurses are put into groups depending on the epidural book color that they are given and they follow that group throughout the process. The groups go to stations, completing all content in one area, i.e. PCA or epidural, before moving on to the next area. Once they are done with all stations, they are brought back together to take part in boosts in both PCA/pain management and epidural content. Boosts are also sent to the nurses at 2 weeks, 2 months, and 4 month intervals to gauge their retention.

Materials and Methods

The nurses stated that they enjoyed the interaction and movement throughout the class. The following are recommendations for future classes:

1. Pass out epidural books and worksheets at the beginning of the class
2. Review worksheet problem areas prior to station work
3. Add boosts to the residency class due to low response rate

References


Children deserve the best care possible and that includes pain management. Education around pain management is time consuming and can be confusing because of the different modalities that are available. The Nursing Professional Development Specialists at Baylor Scott & White McLane Children’s Medical Center looked for ways to improve pain management education for their nurses. Applying adult learning principles, a pain management education program was developed to educate novice and experienced nurses to care for patients receiving pain medication through different modalities, specifically patient controlled analgesia and epidural infusion. This education would facilitate nurse engagement with the goal of better understanding of pain management, confidence in their skills to care for patients receiving pain management, and retention of the information learned.

Findings

Summary and Recommendations

The nurses stated that they enjoyed the interaction and movement throughout the class. The following are recommendations for future classes:

1. Pass out epidural books and worksheets at the beginning of class
2. Review worksheet problem areas prior to station work
3. Add boosts to the residency class due to low response rate