

INTERNATIONAL MEETING ON

NURSING RESEARCH AND EVIDENCE BASED PRACTICE

JULY 31- AUGUST 01, 2017 MELBOURNE, AUSTRALIA

Pain management during endotracheal tube suctioning: An evidence-based approach for nurses

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Statement of the Problem: Endotracheal Tracheal Tube Suctioning (ETS) is one of the most common forms of pain facing by critically ill adult patients. Lack of and inadequate pain management during ETS is however, still evidenced. To date, there have been some evidences of procedural pain management in adult patients in term of general procedural pain management. However, there is a scarcity of information about pain management during ETS in adult patients. The purpose of this study is to develop a set of nursing interventions to manage pain during ETS.

Methodology & Theoretical Orientation: The step in bridging evidence into nursing practice proposed by Polit and Beck was employed. A position statement and clinical practice recommendations related to procedural preparation and comfort management in 2011 proposed by The American Society for Pain Management Nursing and a clinical practice guideline of suction an adult patient with artificial airway proposed by NSW Agency for Clinical Innovation were mainly used to develop a set of interventions. A set of interventions was tested for effectiveness using a participant observation of a case study. An in-depth interview was also conducted with the nurse participants.

Findings: A set of recommendations to manage pain during ETS was synthesized. A set of nursing intervention recommendations was also developed in check-list form and algorithm. Pain during ETS was still evidenced (CPOT 4) before implementing the interventions. After interventions, nurses reported increased awareness of pain during ETS and compliance with the evidence-based practice to manage pain during ETS. The pain intensity of the cases during ETS was decreased (CPOT 1 and NRS 0-2).

Conclusion & significance: Evidence-based interventions to manage pain during ETS were feasible to manage pain in adult. This intervention should be further utilized in combination with other guidelines as well as to other healthcare providers.

Biography

Khomapak Maneewat has received her PhD in Nursing at Griffith University with a focus on organizational culture and clinical decision-making. Her area of expertise is pain management and critical care. Her current research area is on neuropathic pain management after thoracotomy and procedural pain management in trauma patients and procedural pain management in critically ill patients.

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