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Using quality improvement techniques to improve pediatric pain management: A review of the evidence

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Who am I?

- Head of Department for Children's Nursing
- Professor of Children's Nursing
- School of Health and Social Care – London South Bank University
- Editor: Evidence-Based Nursing

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Overview

- Why is mismanaged pain a quality issue?
- Using quality improvement techniques to improve pain management
- Quality improvement tools
 - PDSA
 - Root cause analysis
 - Lean

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Mismanaged pain = a quality issue

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Definition: Adverse event

- An event, **preventable** or **non-preventable**, that caused harm to a patient as a result of medical care.
- Includes never events; hospital-acquired conditions; events that required life-sustaining intervention; and events that caused **prolonged** hospital stays, permanent harm, or death.

(<https://oig.hhs.gov/newsroom/spotlight/2012/adverse.asp>)

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Mismanaged pain as an adverse event

- Distress associated with painful procedures can develop into phobic reactions making completion of later procedures more difficult (Hamilton 1995).**
- Childhood experiences of pain are significant predictors of adults' medical pain (Pate et al. 1996).**
- Pain and pain related fear and anxiety affects children's functioning and can lead to deconditioning or avoidance of activity (Martin et al. 2007).**

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Mismanaged pain as an adverse event

- Evidence for practice is available

BUT

- Children continue to experience moderate to severe pain in hospital (Twycross and Finley 2013; Birnie et al. 2014).

Adverse events include:

- Not assessing or reassessing pain
- Not administering or prescribing sufficient pain meds
- Not using non-drug methods

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Using quality improvement techniques to improve pain management

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 Special Interest Group on Pain in Childhood
INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN

Pediatric Pain Letter

Commentaries on pain in infants, children, and adolescents

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Editor: Carl L. von Baeyer, carl.vonbaeyer@usask.ca — Please visit website for information on submission and review
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Commentary
Do organizational quality improvement strategies improve pain management?
Alison Twycross and Stephanie J. Dowden

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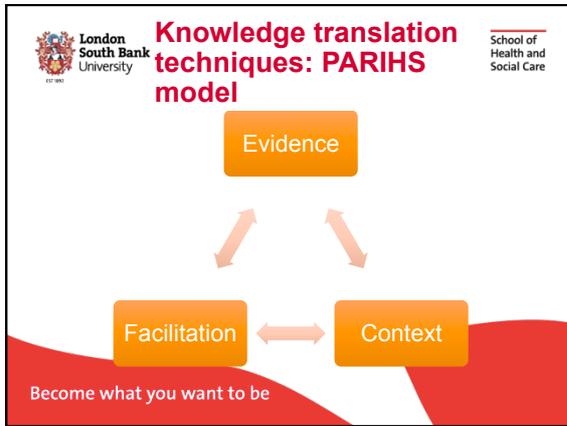
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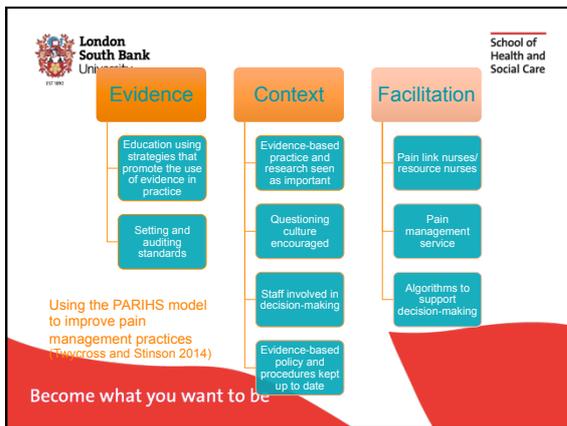
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Many papers over the years

- Quality improvement (QI) techniques can improve pain management.
- Is change sustained over time?
- What are the most effective methods?

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Some quality improvement techniques

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 **Lean** 

- A set of operating philosophies and methods that help create a maximum value for patients by reducing waste and waits.
- Emphasizes consideration of customers' needs, employee involvement and continuous improvement.

Toyota:

- Continuous improvement
- Respect for people

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 **Lean in practice** 

<https://youtu.be/PaHLC1ftnws?list=PLC1C3CD40865769C9>

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"Lean" in Healthcare

 **PDSA** 



More info at: <https://www.kingsfund.org.uk/projects/pfcc/model-improvement>

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 **Root cause analysis (RCA)** 

7 steps:

1. Bring a team together
2. Define the problem
3. Ask the first "why"?
4. Ask "why" four more times
5. Know when to stop
6. Address the root cause(s)
7. Evaluate action taken

The 5 whys:

<https://www.youtube.com/watch?v=B-M3YIA2KDg&feature=youtu.be>

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 **Question** 

How can we use these QI techniques to improve pain management?



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