

ROLE OF THE ADVANCED PRACTICE NURSE IN PAIN MANAGEMENT

Barbara St. Marie, MA, RN, CS, ANP, GNP
Fairview Ridges Hospital, Burnsville, MN

Funding for this initiative was made possible (in part) by Prescribers' Clinical Support System for Opioid Therapies (1H79T023439-01) from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Objectives

- ❑ Describe the role of the advanced practice nurse (APN) in providing effective pain management
- ❑ Discuss how APN establish therapeutic relationships with patients
- ❑ Describe the tools Advance Practice Nurse use to evaluate effectiveness of care
- ❑ Discuss how APN collaborates within an interdisciplinary team

Role of the APN

- ❑ National Council of State Boards of Nursing (APRN Model Act/Rules and Regulations Approved August, 2008)
- ❑ Accountable to:
 - Patients,
 - The nursing profession and Board,
 - Quality of advanced nursing care rendered,
 - Recognizing limits of knowledge and experience,
 - Planning for management of situations beyond the APRN's expertise,
 - Consulting with or referring patients to other health care providers as appropriate.

Role of the APN

- ▣ Focus on direct patient care
- ▣ Emerging roles in pain management
- ▣ Nurse Practitioner and Clinical Nurse Specialist
 - Primary Care Providers
 - Treating those in pain
 - Pain Management Consultants
 - Treating those in pain

Advanced Practice Nurse – Pain Management Consultant

- ▣ Inpatient
 - Acute Pain
 - Chronic Pain
 - Acute on Chronic Pain
- ▣ Outpatient
 - Chronic or Persistent Pain
 - Acute on Chronic Pain

Advanced Practice Nurse – Primary Care Providers

- ▣ Primary Care Practice
 - History and physical examination
 - when your patient has pain?
 - when your patient needs opioids?
 - Developing a partnership with the patient through open communication

The APN Role in Interdisciplinary Team

- Primary Care
 - Collaboration
 - Consultation

- Consultant Role
 - Collaboration
 - Co-manage

Therapeutic Relationships with Patients in Pain

- Relationship is central to nursing
- Based on the needs of the patient for care and guidance

- Listening ...
 - Listening as a fundamental moral act

 - Our most difficult duties as human beings is to listen to the voices of those who suffer

Tools to APNs Use to Evaluate Patient

- Thorough history through interview
- Facilitation: making their story easy to tell
 - Reflection: directing thoughts, feelings, actions back to the patient
 - Clarification: rephrasing vague ideas to help you understand
 - Empathetic responses: Truly being with, having interest in, and accepting

More Tools...

- ▣ Assessment tools for pain
 - Location
 - Description
 - Intensity
 - Duration
 - Alleviating and relieving factors
 - Associative factors
 - Goals
 - Function
 - Pain intensity

More Tools...

- ▣ Pain intensity
- ▣ Verbal Description of pain
- ▣ Degree of function
- ▣ Multidimensional pain scales
 - McGill Pain Questionnaire
 - Brief Pain Inventory
 - Multidimensional Pain Inventory

Review of Systems

- ▣ Comprehensive ROS
 - General
 - Eyes
 - Head and Neck
 - Pulmonary
 - Cardiovascular
 - Gastrointestinal
 - Genito-urinary
 - Hematologic/oncologic
 - OB/GYN/Breast
 - Neurologic
 - Endocrine
 - Infectious Disease
 - Musculoskeletal
 - Mental health
 - Skin/hair

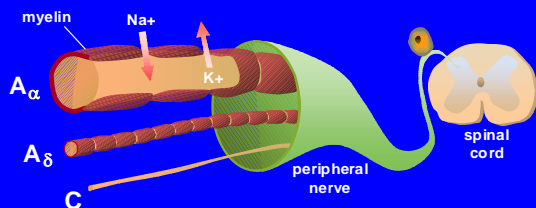
Review of Systems

- ▣ Focused ROS
 - Ten-point review of systems -initial evaluation
 - ROS on follow up visits

Physical Examination

- ▣ Musculoskeletal
 - Hands/wrists
 - Elbows
 - Shoulders
 - Neck/thoracic/lumbar spine
 - TMJ
 - Feet
 - Ankles
 - Knees
 - Hips

Peripheral Nerves: Transmission of Action Potential



Assessment

- ☐ Differential Diagnosis - Pain
- ☐ Documentation:
 - Explanation for why you chose this diagnosis

Plan

- ☐ Pharmacological modalities (Ghafoor, St. Marie, 2010)
- ☐ Non-pharmacological modalities (Elliott, Simpson, 2012)
- ☐ Cognitive modalities (Elliott, Simpson, 2012)
- ☐ Complementary and integrative modalities (O'Conner-Von, Osterlund, Shin, Simpson, 2010)
- ☐ Multimodal approach (Ghafoor, St. Marie, 2010)

Prescriptive Authority

- ☐ State dictated
- ☐ Plenary prescriptive authority
- ☐ Collaborative authority
- ☐ Scheduled drugs

Medication Safety

- ❑ Understand the psychosocial factors
- ❑ Manage expectations
- ❑ Chemical health history
- ❑ Screening tools
- ❑ Treatment agreements
- ❑ Urine toxicology
- ❑ Monitor adherence to overall plan

Review the patient's history and patterns of drug use

- *What a patient received over the last 6-12 months is more important than what they got last week.*
- *Most abuse did not start within the last 10 days.*

PMP Reports

Use the PMP report as a tool.

- Review any additional records available
- Compare with patient charts
- Validate unexpected information
- Contact prescribers or pharmacies listed, for more details

Reimbursement

- ☐ Medicare
 - Federally regulated program
 - Direct reimbursement

- ☐ Medicaid
 - State regulated program

- ☐ Third-party payers
 - Application into provider groups

Summary

- ☐ Role provides system-wide clinical pain management
- ☐ Responds to the needs of the institutions and the community
- ☐ Needs for the future
 - Advanced practice nurse level of pain management courses that are standardized
 - Specialty graduate programs in pain management
 - Advanced Practice Nurse – Pain Management Certification
