

1. Panel discussion: “Postoperative pain management”
20 minutes presentation + 30 minutes discussion

Goals, practice, and audit of Postoperative pain management

Introduction

Goals and practice: Assure safety to all patients, audit and monitor results and implementation of improvement

- Safety: APS inception , postoperative pain management for all patients
 - o Assessment of pain intensity, side effects, complication and satisfaction
 - o Basic regimen for all patients: paracetamol + NSAIDs + Morphine if VAS>3cm
 - o Specific analgesic techniques for selected patients (PCA, epidural, nerve blocs)
 - o Development of non pharmacological techniques such as cold, warmth, TENS, relaxation, music...
- Audit: APS supervision, collect and analyse data of basic regimens
- Improvement: development of analgesic techniques in surgical units in a safety manner

Method

- APS inception and CQI implementation
- A step by step intervention: 3 phases of measure and actions
- Audit of analgesic techniques

Results

- 3 surveys : An interventional study
 1. **Table 1: Comparison of pain indicators between surveys I, II, III**

Pain indicator	Survey I (n = 1304)	Survey II (n = 671)	Survey III (n = 408)
AUC (cm×h)	99 ± 94	59 ± 69**	53 ± 62
Mean VAS (cm)	1.5 ± 1.4	1.0 ± 1.1**	0.8 ± 0.9*
VAS max (cm)	4.8 ± 2.6	3.9 ± 2.5**	3.7 ± 2.5
Tmax (h)	8.2 ± 12	8.2 ± 13	9.1 ± 14.5
PVAS>3 (h)	11.9 ± 16.3	5.2 ± 10.2**	4.7 ± 9.1*
Pain duration (h)	39 ± 25	28 ± 22**	29 ± 22

* $p < 0.05$, ** $p < 0.0001$ (II vs I and III vs II)

Table 2. Comparison of analgesic consumption between surveys I, II, III

Drug	Survey I	Survey II	Survey III
Paracetamol (g)	5.3±4.0	9.7±6.2**	15.3±7.4**
Morphine (mg)	14±23	11±23*	13±31
NSAIDs (%)	20 %	64 %**	99%**

$p < 0.05$, ** $p < 0.0001$ (II vs I and II vs III)

- comparison of results 2002 versus results 2003 for analgesic techniques in abdominal surgery: VAS, side effects, complications and satisfaction

	2002 (n/%)	2003 (n/%)
n	134 (100)	137 (100)
Female	69 (51.9)	76
Male	64 (48.1)	61
Age	58±17 yrs	60±15 yrs
PCA	46 (34.3)	33 (24.1)
peri	42 (31.3)	75(54.7)
Rachi M+	13 (9.7)	25(18.3)
PCA + Rachi M+	6 (4.5)	4 (2.9)
PCA + peri	27 (20.1)	0
VAS <3 cm	22 (91.7)	129 (94.2)
VAS ≥3 cm	2 (8.3)	8 (5.8)
PONV <4 cm	105 (93.7)	94 (89.5)
PONV ≥ 4 cm	7 (6.3)	11 (10.5)
Vomiting episode	5 (4.5)	10 (9.6)
None vomiting episode	106 (95.5)	94 (90.4)
Prurit yes	8 (7.1)	9 (8.6)
Prurit no	104 (92.9)	70 (91.4)
Respiratory depression ≤10/min	2 (1.8)	5 (4.8)
No sedation	65 (58)	70 (66.7)
Light	42 (37.5)	32(30.5)
Moderate	5 (4.5)	3 (2.8)
Urinary retention yes	2 (1.8)	4 (3.8)
Haemorrhage	0	0
Headache	0	0
Very dissatisfied	0	1 (0.8)
Dissatisfied	3 (2.6)	11 (9.3)
Satisfied	36 (31)	50(42)
Very satisfied	77(66.4)	57(47.9)

Discussion

- 1: assess pain and make pain visible
- 2: organise an APS
- 3: provide safe analgesia to all patients
- 4: develop analgesic techniques in surgical units
- 5: audit results
- 6: improve where it is needed