Pain Assessment, Monitoring & Nursing Care of the Critically Ill Adult in Intensive Care - Full Clinical Guideline

Reference no.:CG-CRITCARE/4510/24

These are nursing guidelines for use within critical care to support best practice. They are not prescriptive and as with all nursing practice should be utilised in conjunction with the registrant's clinical judgement

Introduction

Critically ill patients are extremely likely to experience pain and discomfort due to the nature of their underlying illness or injury or as an unintentional consequence of the assessments, monitoring and care that they require.

Aim and Purpose

The purpose of this guideline is to ensure that safe and effective pain assessment, management and monitoring is provided for critically ill adults in intensive care.

It aims to promote the maintenance of a safe environment for patients, relatives and the multidisciplinary team, to direct the delivery of excellent and informed nursing care and to ensure the nurse acts as patient advocate. (NMC. 2018)

Keywords – Acute Pain, Critically Ill Adult, Intensive Care Unit

Main Body of Guidelines

Pain Monitoring, Assessment & Nursing Care

1. Assess the patient for signs of pain at rest and movement as a minimum of 4 hourly using the 0-3 Visual Analogue Score or current, appropriate Pain Scale used for those patients who are non-verbal (UHDB 2023). Record and report the score on the 24-hour observation chart and the UHDB Pain Chart where the pain score is 2 (moderate) or 3 (severe).

2. Where clinically indicated, administer prescribed analgesia via the prescribed route as directed by the corresponding UHDB Clinical Guidelines below. Record the amount and dose of analgesia administered on the 24-hour observation chart and assess its effectiveness.

   - Continuous Morphine Infusion (Derby Site Only) – CG-PM/2011/006

   - Entonox (Excluding Obstetric & Paediatric Patients) - CG-PM/2020/005

   - Epidural - Non-Obstetric – CG-PM/2012/009

   - Lidocaine Infusion (Derby Site Only) – CG-PAIN/2015/001

   - Morphine - Intravenous Bolus – CG-PM/2023/014

   - Morphine/ Pethidine - Subcutaneous – CG- PM/2023/004

   - Morphine- Oral – CG-PM/2023/010

- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) for Acute Pain – CG-PM/2020/003

- Nerve Block Catheter for Post-Operative Pain – Thoracotomy – (Derby Site Only) CG-T/2020/021

- Nerve Block Catheter for Post-Operative Pain – Amputation – (Derby Site Only) CG-PM/2014/018

- Pain Management (Derby Site Only) – CG-PM/788/23

- Patient Controlled Analgesia (PCA) – CG-PM/2011/013

- Rectus Sheath Catheter for Post-Operative Pain (Derby Site Only) - CG-PM/2017/002

- Wound Infusion Catheter for Post-Operative Pain – (Derby Site Only) - CG-PM/2014/02

References

NMC (2018)   The Code. Professional standards of practice and behaviour for nurses, midwives and nursing associates. http://www.nmc.org.uk/code.

UHDB (2023)   Pain Management Guidelines (Derby Site Only) CG-PM/788/23

Documentation Controls

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CG-CRITCARE/4510/24			Final	
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	1	Nov 2024	Cath Rowe	Review – new to Koha

Intended Recipients: This guideline is for the nursing team on both ICU RDH and ICU QHB sites. The target population for this policy includes all Trust health care staff, bank workers or external agency, who are responsible for the care of patients within Critical Care.

Training and Dissemination: Cascaded electronically through lead sisters/nurses/doctors/outreach. Published on Intranet, Article in ICU newsletter; emailed via NHS.net

Development of Guideline: Cath Rowe
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Consultation with:

Linked Documents: State the name(s) of any other relevant documents

Keywords: Acute Pain, Critically Ill Adult, Intensive Care Unit

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Contact for Review	Cath Rowe – Senior Clinical Educator ICU