



INTRODUCTION TO PAIN FREE PROGRAMME MOH



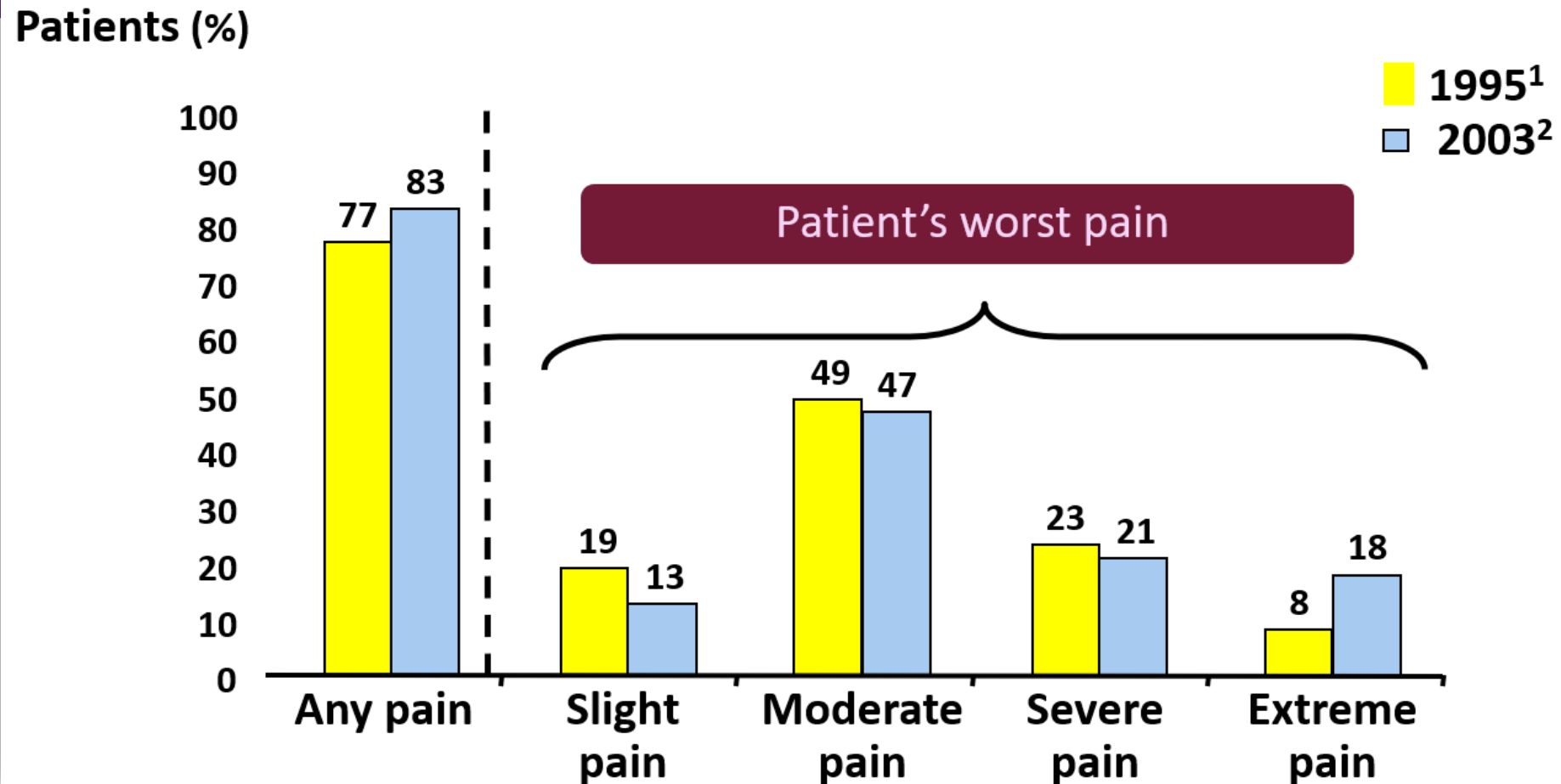
PAIN FREE PROGRAMME | KEMENTERIAN KESIHATAN MALAYSIA | UNIT AUDIT KLINIKAL

PREVALENCE OF PAIN IN HOSPITAL

Donovan et al.	1987	79%
Abbott et al.	1992	50-67%
Visentin et al.	1999	44%
Costantini et al.	2000	43-56%
Gruppo Italiano	2001	46-91%
Strohbuecker et al.	2005	50-63%
Chieh Leng Wu et al.	2020	70%
P. Nataro et al.	2021	53.3%

..... the tragedy of needless pain!

POST-OPERATIVE PAINUNDER TREATED



¹Warfield & Kahn. *Anesthesiology* 1995;83:1090

²Apfelbaum et al. *Anesth Analg* 2003;97:534

MALAYSIA NATIONAL AUDIT ON POST OPERATIVE PAIN MANAGEMENT, 2007

- Post-op laparotomy patients,
 - APS and non-APS in 21 MOH hospitals
- Highest pain score in the first 24-h postop:
 - Moderate to severe pain (pain score ≥ 4)
 - APS: 64%
 - Non-APS: 76%

PAIN IS NEGLECTED

- Pain is generally considered unavoidable
- In medical practice pain is not a priority
- Medical staff lack of sufficient knowledge
- Barriers to the use of opioid analgesics



PAIN FREE JOURNEY

1993

- Acute pain services (APS). Introduced in Hospital Kuala Lumpur.
- An integral part of pain management services in all MOH hospitals with Anesthesiologist

2008 - 2011

- MOH started implementing Pain as 5th Vital sign in all MOH Hospital
- Director General of Health's circular (9/2008), Mandatory to monitor Pain as 5th Vital Sign.

2010

- Declaration of Montreal (International Pain Summit 2010).

“Access to pain management is a fundamental Human Right”

2011

1st National Launching of Pain Free Hospital

Introducing the concept of

“Pain Free Hospitals”

3 Pilot Hospital

HRPB Ipoh

Hospital Putrajaya

Hospital Selayang

2016-2020

30 Pain Free Hospitals

2016 National symposium including introduction P5VS to Primary Care and Allied Health

Directive of DG of Health:

(30 Aug 2017)

Strengthening of P5VS to all MOH's facilities.

PAIN AS THE 5TH VITAL SIGN

- A quality improvement initiative to improve pain management.
- Pain as the 5th Vital Sign is implemented in stages in MOH hospitals.



PAIN AS THE 5TH VITAL SIGN



PEKELILING KETUA PENGARAH KESIHATAN BILANGAN 9 TAHUN 2008;

**PELAKSANAAN TAHAP KESAKITAN SEBAGAI TANDA VITAL
KELIMA (*PAIN AS FIFTH VITAL SIGN*)
DI HOSPITAL-HOSPITAL KEMENTERIAN KESIHATAN**

Disediakan oleh Bahagian Perkembangan Perubatan



PRIOR TO 2008...

Vital Signs : BP, HR, RR and Temperature

4 Vital Signs = no communication = not adequate pain relief

“Those who do not feel pain
seldom think that it is felt”

Dr. Samuel Johnson
(1709-1784)

P5VS

**Better communications
Patient-nurses, Nurses-Doctors, Doctor-patient**

Better awareness of pain

Better patient's care

POLICY STATEMENTS

1. Pain is one of the Vital Signs.
2. Pain is assessed in all patients.
3. Standardised pain assessment tools must be applied consistently.
4. Healthcare providers should listen and respond promptly to patient's report of pain and manage pain appropriately.
5. Healthcare facility staff should be continually educated & aware about pain assessment and management.



“Access to Pain Management is a basic human right” Declaration of Montreal, International Pain Summit 2010



Montréal, Canada
September 3, 2010



Panelists from a variety of countries addressed questions from Pain Summit attendees.

PAIN FREE HOSPITAL

Published: Monday December 5, 2011 MYT 7:43:00 PM

Health Ministry introduces "pain-free" hospitals



PAIN FREE HOSPITAL

Transformasi Konsep Rawatan
Pelanggan Bebas Kesakitan

IPOH: The Health Ministry has introduced "pain-free" services in three government hospitals in a pilot project specially targeting patients who have to undergo painful surgical procedures.

Health Minister Datuk Seri Liow Tiong Lai said Putrajaya Hospital, Serdang Hospital and Raja Permaisuri Bainun Hospital (RPBH) were chosen for the pilot project.



Country's Third "Pain Free Hospital" For Ipoh

Ipoh News | December 6, 2011 | 0 Comments

Like

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Raja Permaisuri Bainun Hospital in Ipoh

Taking the lead from Selayang and Putera Jaya hospitals in Selangor, the Raja Permaisuri Bainun Hospital in Ipoh (HRPB) was declared a "Pain Free Hospital" which would see its patients enduring less pain during and after surgeries.

With an earlier RM6.9 million Health Ministry allocation to implement the concept, its Minister Datuk Seri Liow Tiong Lai officially accorded the status to the hospital in a ceremony today. Also attending the ceremony was State Health Executive Councillor Datuk Dr Mah Hang Soon.

"Through this concept, the Government is making an effort to help patients suffer less surgical pains when they are treated at these "pain Free Hospitals" that we have created for the purpose," he said in his speech at the ceremony.

He said to lessen the pains endured by patients, several multi-disciplined tasks are applied which involves close coordination among the specialist doctors involved, Anesthesiologists, pain management experts, and other coordinating medical staff.



PAIN FREE HOSPITAL

Health minister: Putrajaya aims to set up pain-free hospitals nationwide by 2020



TOOLS INCREASE TEXT DECREASE TEXT RESET TEXT PRINT ARTICLE



Datuk Seri Dr S. Subramaniam says so far there are 12 government hospitals that have been declared as pain-free hospitals. — Picture by Yusof Mat Isa

KUALA LUMPUR, July 7 — The government aims to set up pain-free hospitals nationwide by 2020, said Health Minister Datuk Seri Dr S. Subramaniam.

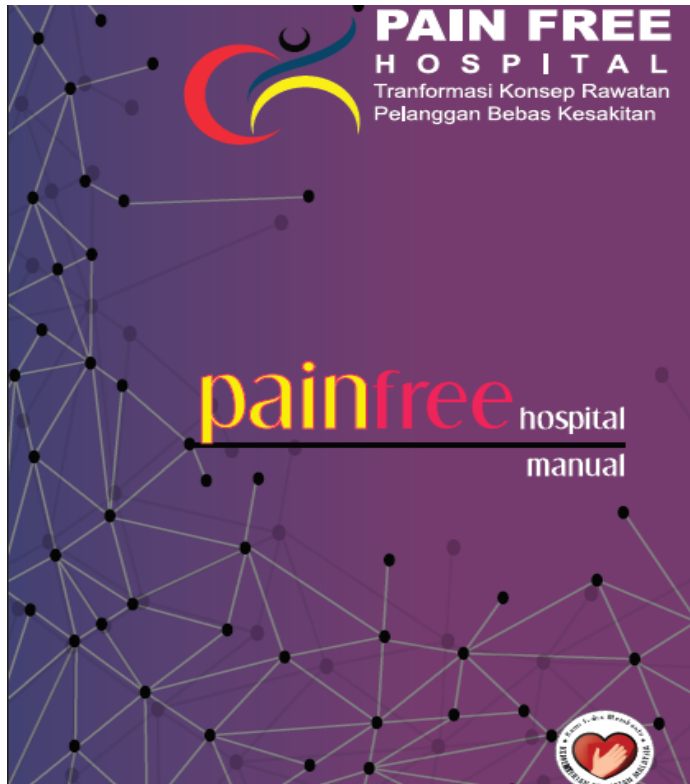
He said these hospitals are equipped with state-of-the-art infrastructure facilities with adequate specialists to enable patients to recover faster and reduce the illness of patients.

"So far there are 12 government hospitals that have been declared as pain-free hospitals, including Selayang Hospital in Selangor, Raja Permaisuri Bainun Hospital in Ipoh and Putrajaya Hospital.

7th July 2017



PAIN FREE HOSPITAL



Foreword

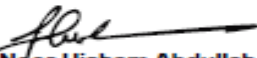
Pain is a common symptom experienced by hospitalised patients, whether it is due to cancer, surgery, trauma, childbirth or medical conditions. Pain causes a lot of suffering and unfortunately many patients in hospitals all over the world still experience unrelieved pain, despite the availability of many analgesic medications as well as advanced surgical and anaesthetic techniques.

The Ministry of Health (MOH) is aware of the challenge of unrelieved pain in our hospitals and is committed to the improvement of pain management in the MOH. In 2008, the MOH issued a Director General of Health's Circular to implement "Pain as the 5th Vital Sign", and in 2011 the concept of Pain Free Hospital (PFH) was introduced. The PFH concept promotes holistic pain management using a multidisciplinary team approach incorporating improvements in surgical and anaesthetic techniques, and utilising pharmacological and non-pharmacological methods including traditional and complementary medicine for the relief of pain.

The PFH concept was piloted in 3 hospitals in 2011, and based on the response to this initiative and the interest generated among other hospitals, the MOH felt that it is time for all MOH hospitals to come on board and participate in this exciting program. Although we have used the term "Pain Free" hospitals, we acknowledge that it is not possible to achieve a completely pain free state in many cases - our pledge to patients is that we will ensure that their pain is controlled to a level at which they are comfortable and able to recover from their surgery or procedure and return to normal activities as soon as possible.

The publication of this Manual is an important resource for hospitals aspiring to be certified as "Pain Free Hospitals", as it gives clear guidelines on the concept and principles of PFH, outlines the role of all the different healthcare providers involved in the multidisciplinary team approach to PFH and includes guidelines on pain assessment and management of different types of pain. I would like to congratulate and thank the Quality Division of the MOH and the National Pain Free Hospital Committee for their hard work in putting together this Manual.

However, this Manual alone is not enough. In order to achieve our vision of Pain Free Hospitals, all healthcare providers need to commit themselves to the principles of PFH, be sensitive to patients with pain, and be proactive and innovative in our management of these patients. I sincerely hope that all MOH hospitals will take up the challenge to provide a "pain free" experience for our patients.


Datuk Dr. Noor Hisham Abdullah
Director General of Health Malaysia

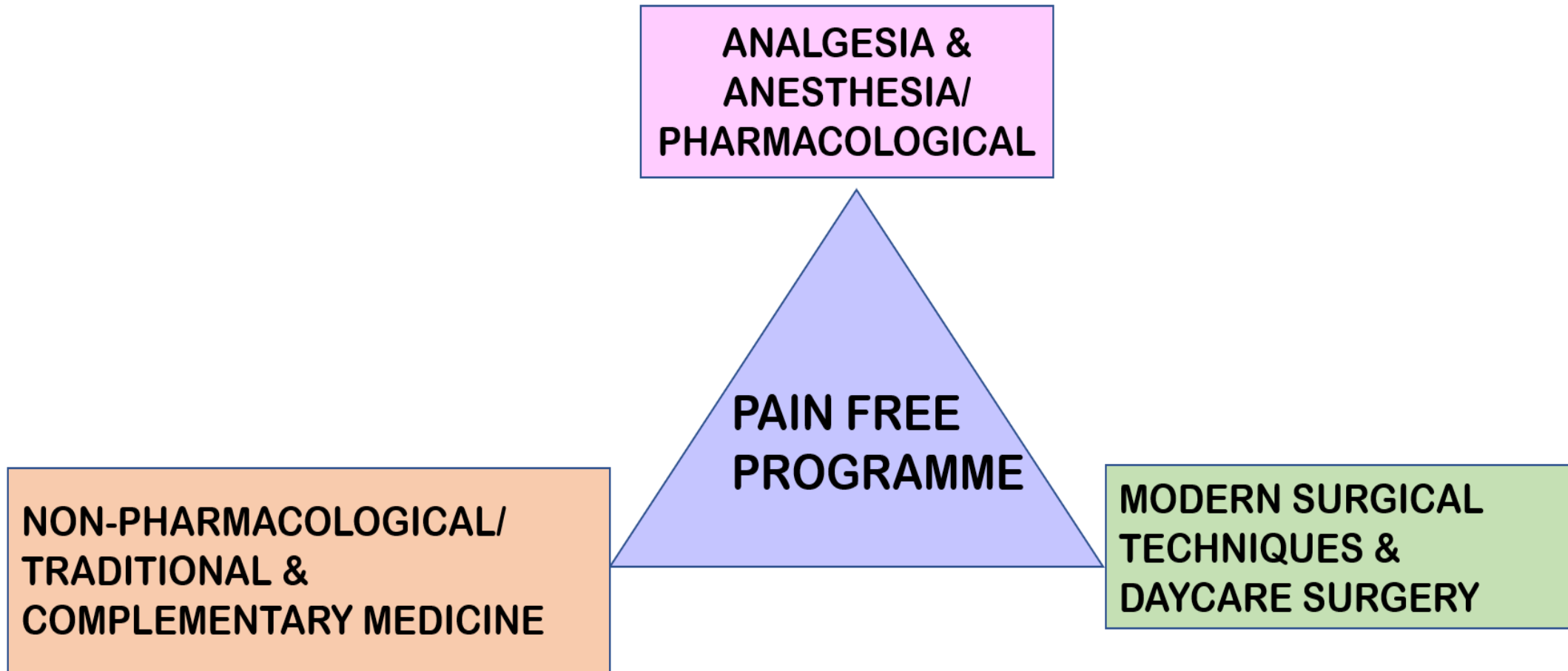


PAIN FREE HOSPITAL

“An integration of pain management policies and programs to ensure that these translate into improvement of pain management for patients.”

Start with the management of **acute pain** during 1st encounter with patient from **ETD, post-operative, in ward till discharge.**

PAIN FREE HOSPITAL CONCEPT



CHANGES IN PRACTICE

***INPATIENT
SURGERY***

***MINIMALLY
INVASIVE
SURGERY***

***OUTPATIENT
SURGERY***

PAIN FREE HOSPITAL

- Use of minimally invasive surgery (MIS) – smaller wounds, less pain.
 - Encourage ambulatory surgery (needs very good pain relief in order for patient to be able to go home!)
- Standard protocols for post-op analgesia for different kinds of surgery.
 - Increased use of regional anaesthesia for perioperative pain relief.
- Integration of Traditional & Complementary medicine including non-pharmacological techniques.



REQUIREMENTS

Mandatory:

- ✓ A written policy on pain free program
- ✓ Implement Pain as the 5th Vital Sign
- ✓ Practice standardized treatment protocols for management of acute pain
- ✓ Conduct training for all health care staff on knowledge and skills in pain assessment and management
- ✓ Educate patients and get them actively involved in their own pain management
- ✓ Carry out regular audit of pain assessment and management practices and outcomes
- ✓ Use multi-disciplinary team approach in pain management
- ✓ Incorporate non-pharmacological technique into pain management practices

Optional:

- ✓ Have a policy and guidelines on Minimally Invasive Surgery
- ✓ Have a policy and guidelines on Day Care Surgery
- ✓ Incorporate T/CM into pain management practices



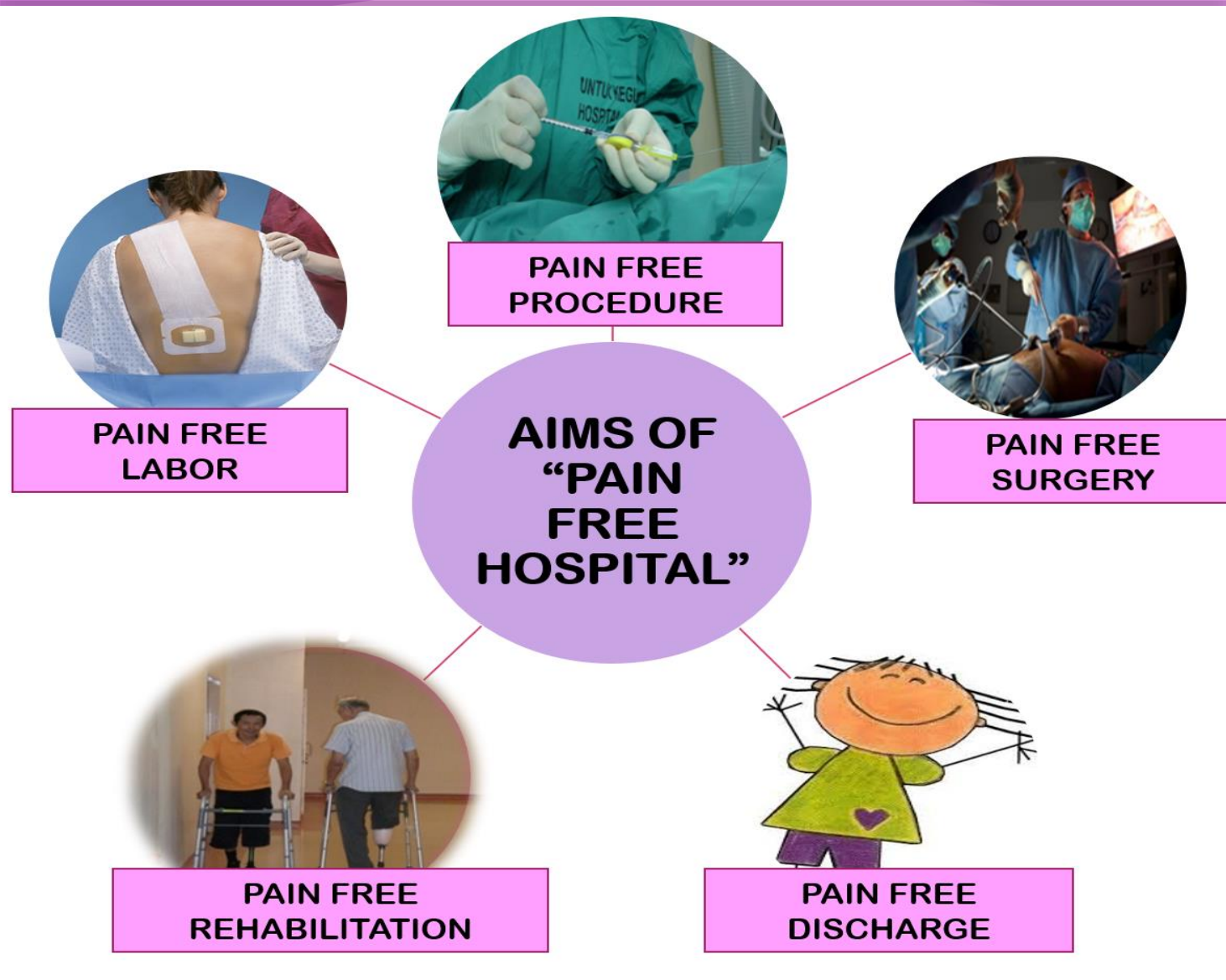
OVERALL BENEFIT

“ People- Centred Services”

- Emphasises the provision of first class services “beyond expectations” of our patients
- Based on the effective integration and optimal utilisation of services



OVERALL BENEFIT



STRENGTHENING OF PFP



KETUA PENGARAH KESIHATAN MALAYSIA
DIRECTOR GENERAL OF HEALTH MALAYSIA
Kementerian Kesihatan Malaysia
Aras 12, Blok E7, Kompleks E,
Pusat Pentadbiran Kerajaan Persekutuan
62590 PUTRAJAYA

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Ruj.Tuan:
Ruj.Kami: KKM.600-28/2/10 Jld. 2 (43)
Tarikh: 20 Ogos 2017

SEPERTI SENARAI EDARAN

YBhg. Datuk/ Dato'/ Datin/ Tuan/ Puan,

PENGUKUHAN DAN PERLUASAN SKOP PAIN AS 5TH VITAL SIGN DAN PROGRAM PAIN FREE BAGI FASILITI KEMENTERIAN KESIHATAN MALAYSIA

Adalah saya dengan segala hormatnya merujuk kepada perkara di atas dan Pekeliling Ketua Pengarah Kesihatan Bilangan 9 Tahun 2008 berkenaan Pelaksanaan Tahap Kesakitan Sebagai Tanda Kelima (*Pain as 5th Vital Sign*) di hospital-hospital Kementerian Kesihatan serta *Pain Free Hospital Manual* Tahun 2014 adalah berkaitan.

2. Sebagaimana maklum, *Pain as 5th Vital Sign* (P5VS) telah dilaksanakan di semua hospital Kementerian Kesihatan Malaysia (KKM) sejak tahun 2009 yang diterajui oleh Bahagian Perkembangan Perubatan. Cetusan daripada pelaksanaan P5VS ini, konsep Hospital Bebas Kesakitan (*Pain Free Hospital*) telah diperkenalkan pada tahun 2011 yang pada ketika itu, melibatkan tiga (3) buah hospital *pilot* iaitu Hospital Raja Perempuan Bainun Ipoh, Hospital Selayang dan Hospital Putrajaya. Sehingga kini, sebanyak 13 buah hospital di seluruh Malaysia yang telah memperolehi status Hospital Bebas Kesakitan.



All Healthcare Facilities



Committee:

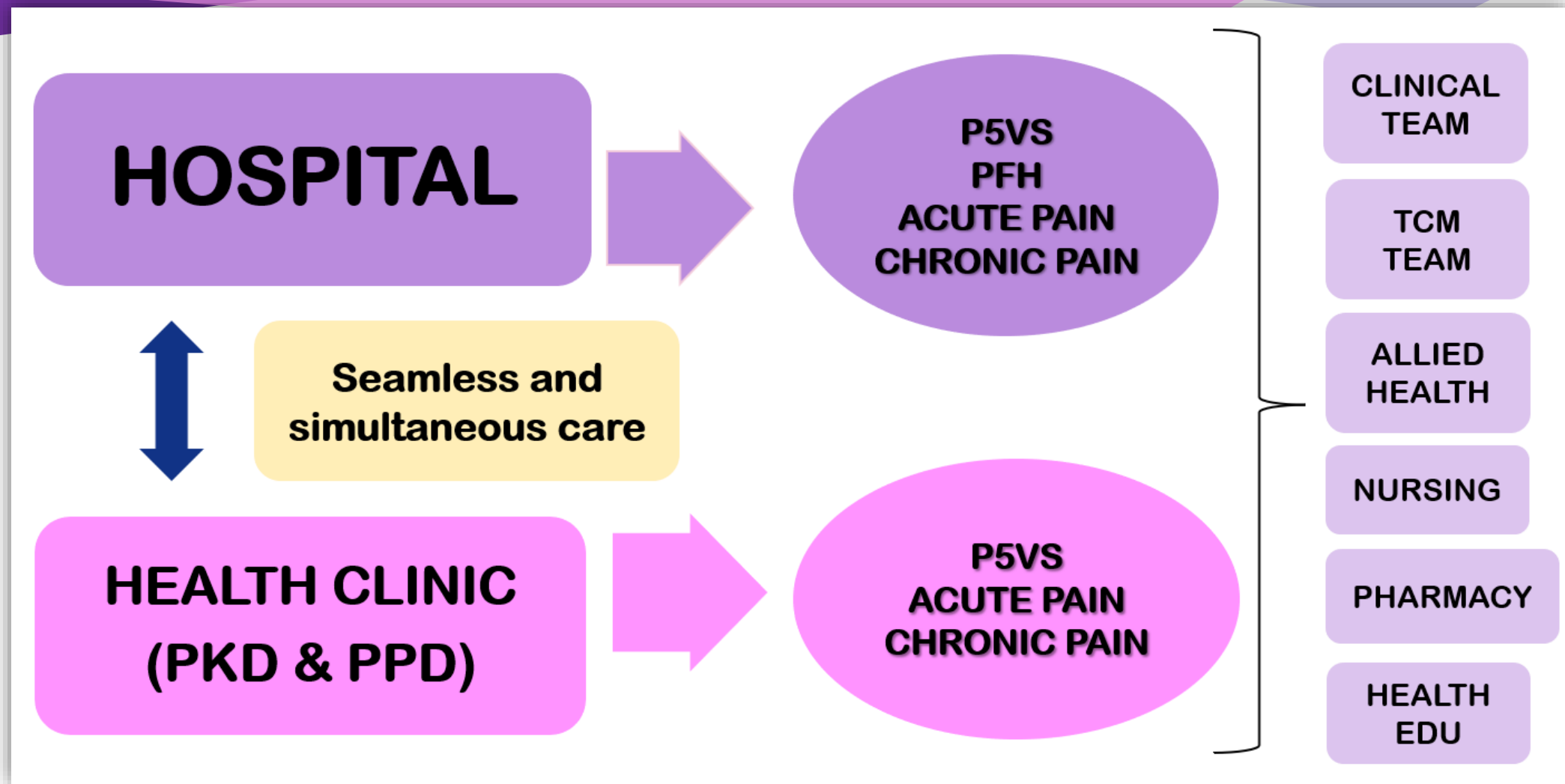
- JKN
- HOSPITAL
- PKD/ PPD



Term of References



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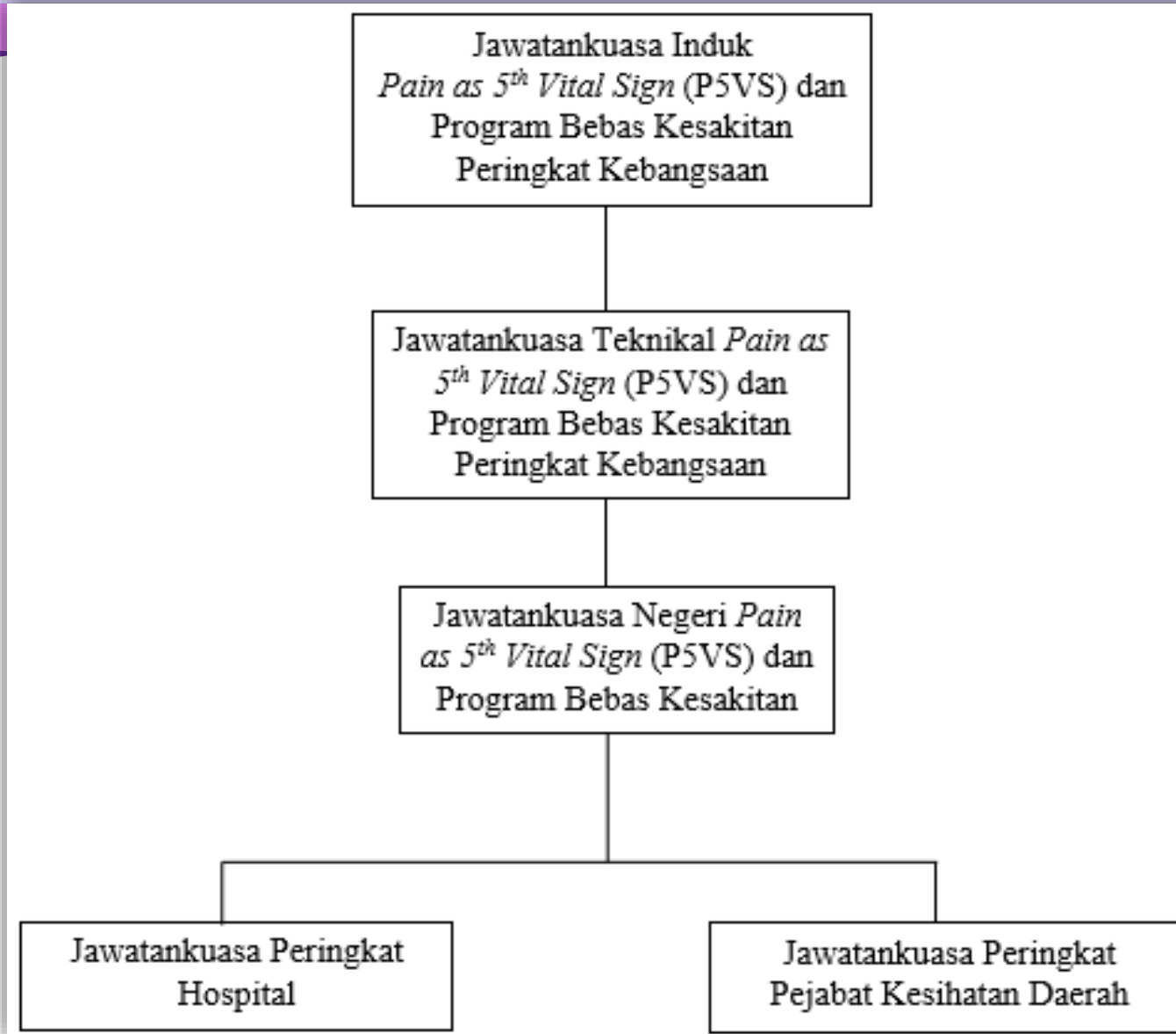


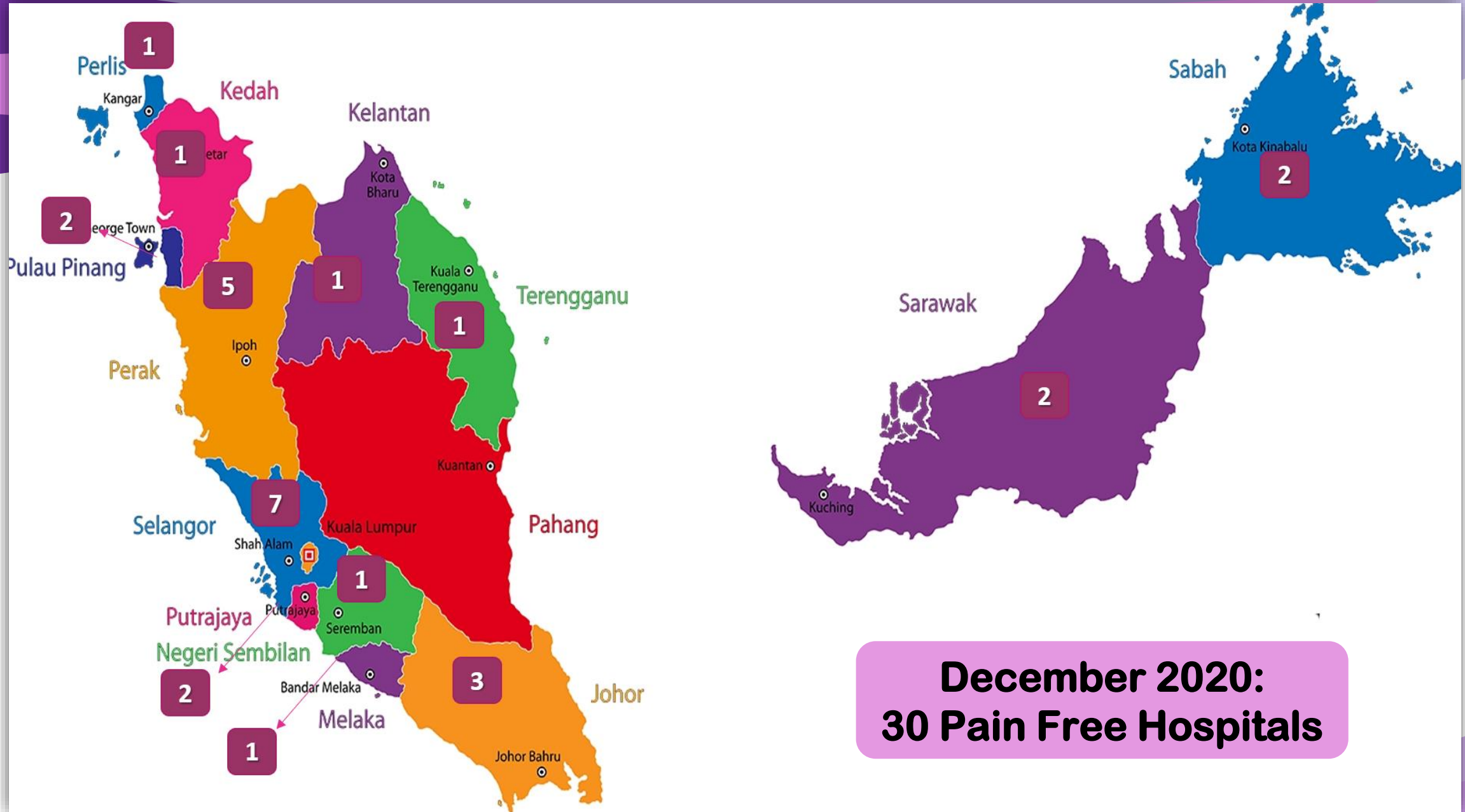
WHERE ARE WE NOW?



PAIN FREE PROGRAMME

CARTA ALIR ORGANISASI

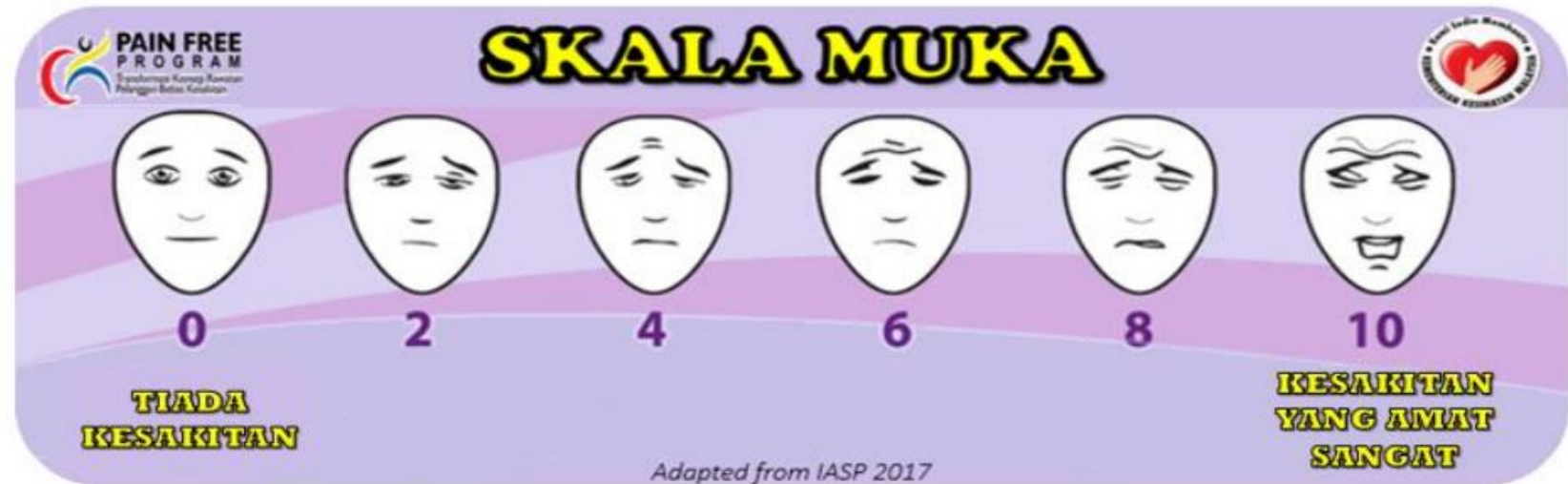




**December 2020:
30 Pain Free Hospitals**



PAIN FREE PROGRAMME

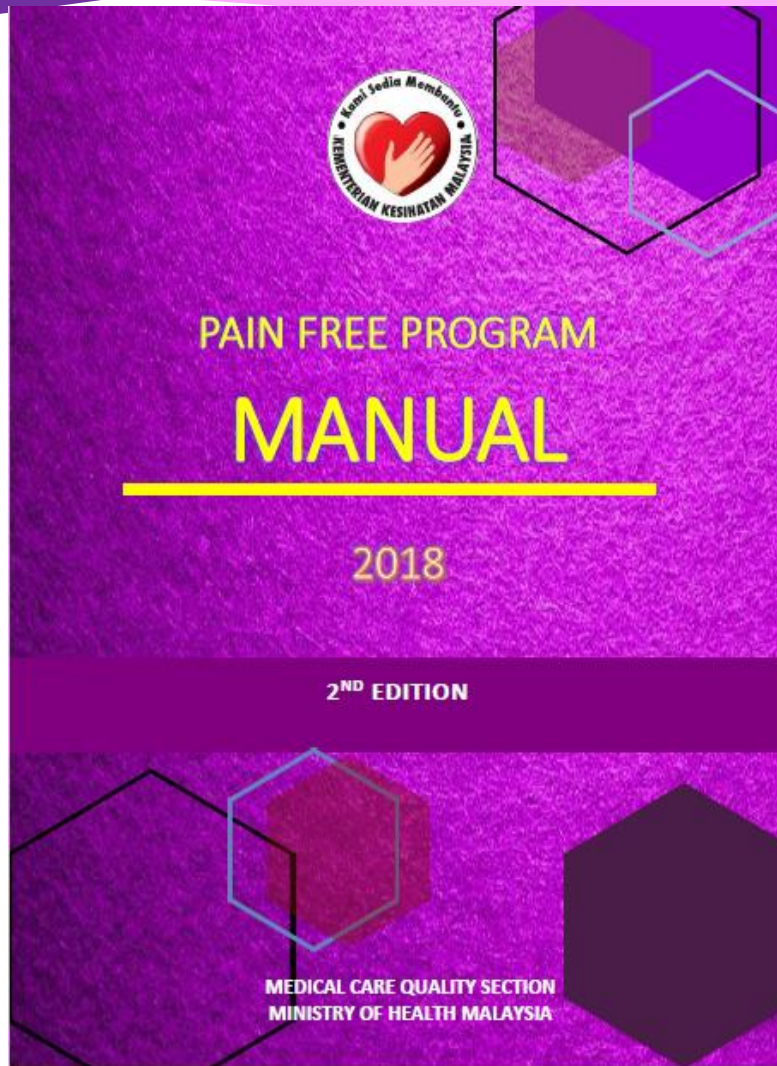


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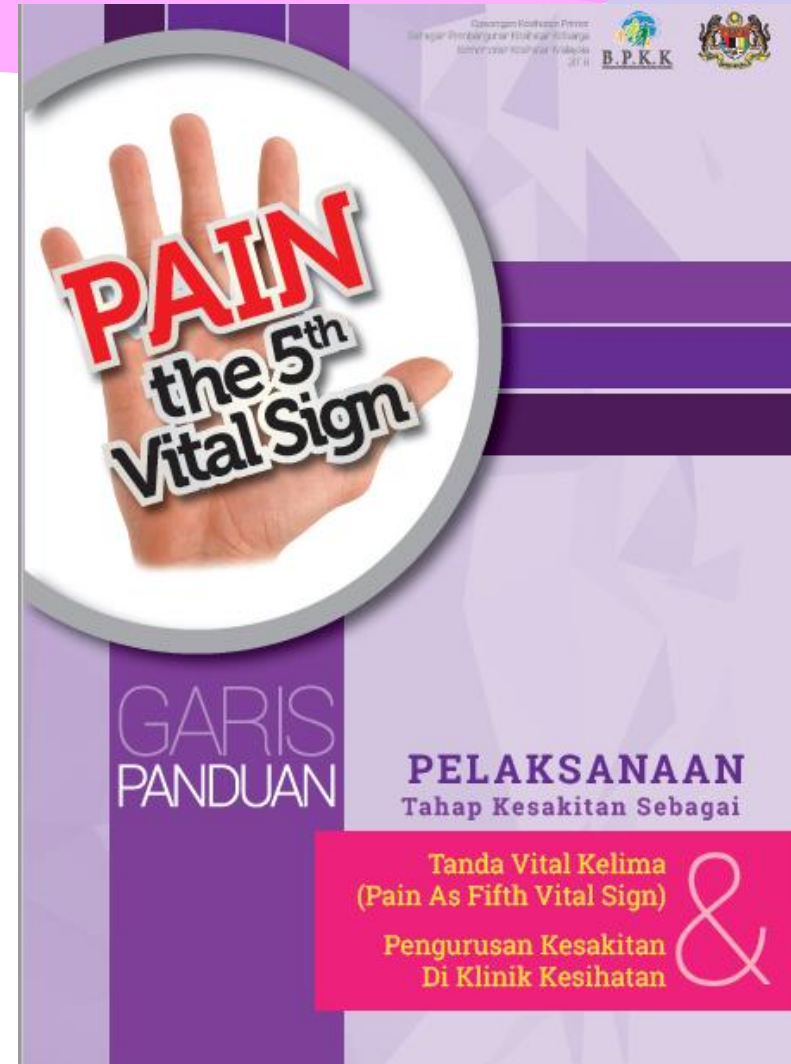
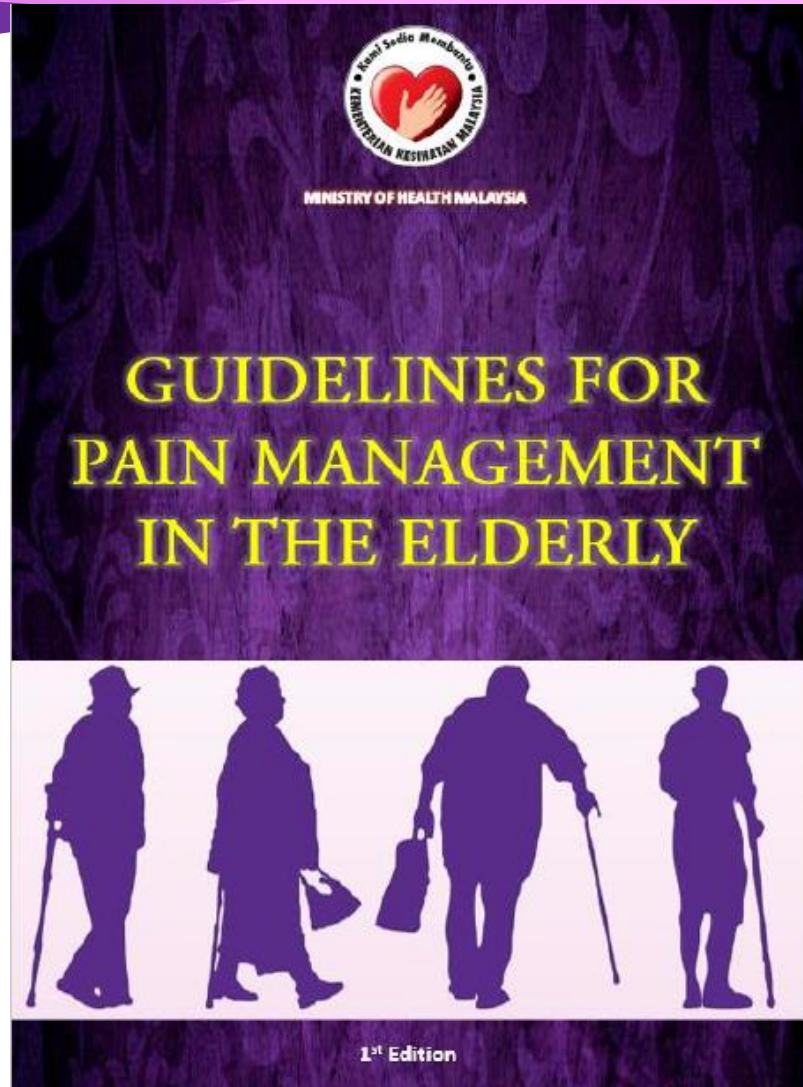
1 month - 4 years : FLACC

Category	Scoring		
	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking or legs drawn up
Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
Cry	No cry (awake or sleep)	Moans or whimpers; occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractable	Difficult to console

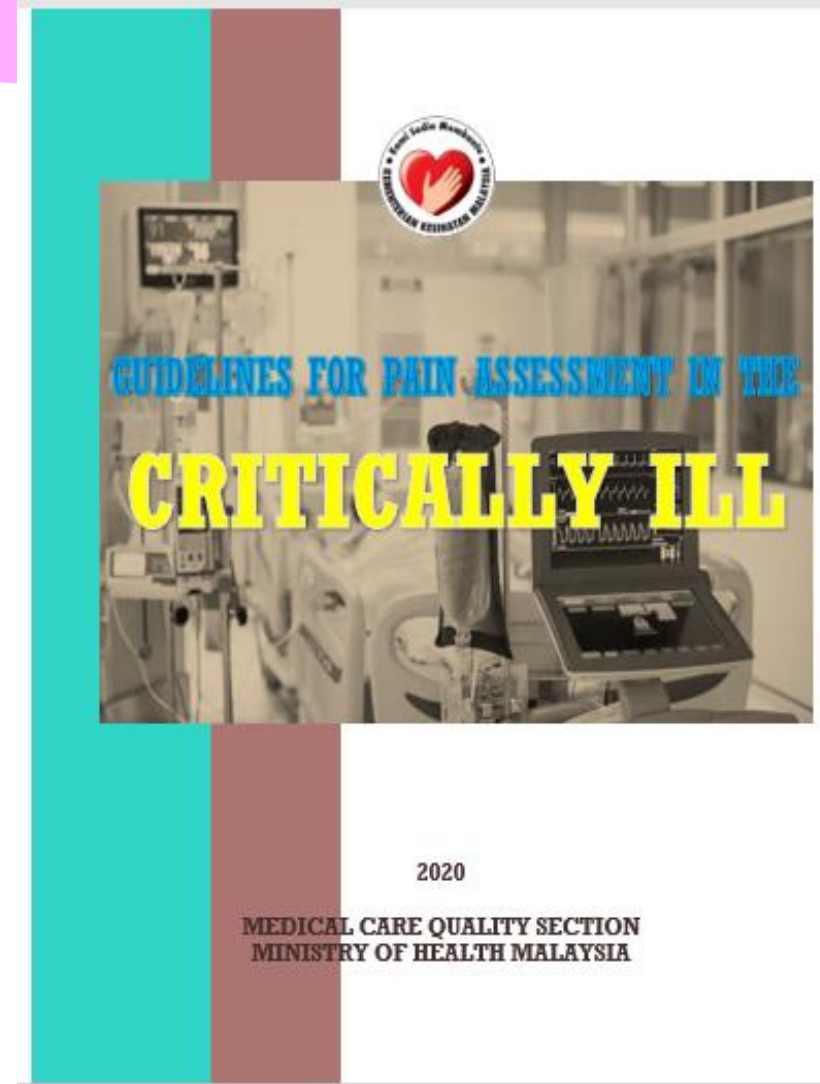
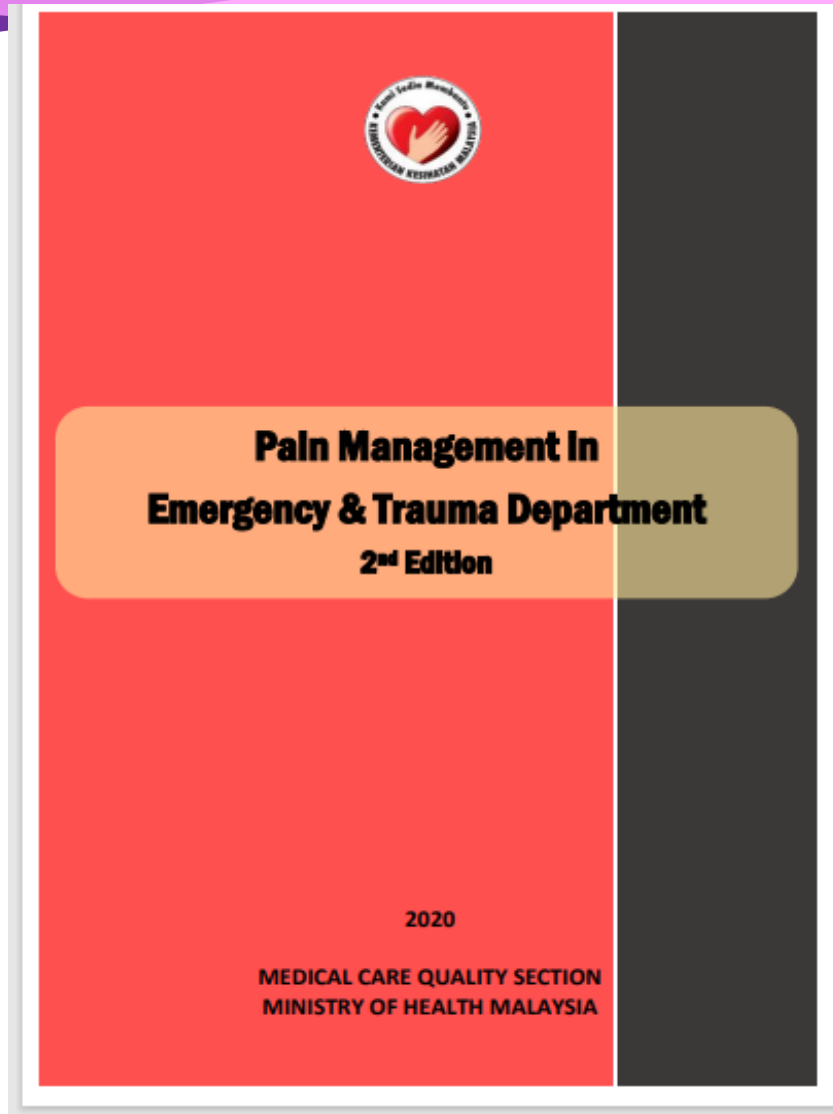
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IN THE PIPELINE

- Pain Management in Paediatric Patients (1st Edition)
- Pain Management in Obstetrics Patient (1st Edition)
- Pain Management Handbook (2nd Edition)






INFORMATION

www.moh.gov.my > Penerbitan

LAMAN UTAMA INFO KORPORAT DIREKTORI PENERBITAN KERJAYA ARKIB SOALAN LAZIM HUBUNGI KAMI

Warga KKM

INFORMASI UMUM UNTUK WARGA KEMENTERIAN

Capaian Pantas:

- > Urusan Pemangkuan dan Kenaikan Pangkat
 - Iklan Pemangkuan & Kenaikan Pangkat
 - Muat Turun Borang Pemangkuan dan Kenaikan Pangkat
 - Semakan Urusan Kenaikan Pangkat Pegawai Di KKM
 - Borang Penilaian Tahap Potensi Oleh Ketua Jabatan
- > Sistem Semakan Kerjaya
- > Talent Grooming Programme For Technical Healthcare Professionals
- > Takwim Latihan KKM 2018

Penerbitan Utama KKM

Garis Panduan >>

Rujukan >>

Laporan >>

MaHTAS >>

Organ Tissue and Cell Transplantation >>

Panduan Amalan Klinikal (CPG) >>

Program Bebas Kesakitan >> Polisi

Perkhidmatan Rawatan Harian >> Garis Panduan (Sistem e-HLP)

Perkhidmatan Pembedahan >> Bahan Pendidikan

Pengurusan Aset Alih Dan Stor >> ang

i-Integriti >> Jabatan (MBJ)

Buletin >> kutif PSTM (2016-2020)

1 (2016-2020)



MEETINGS



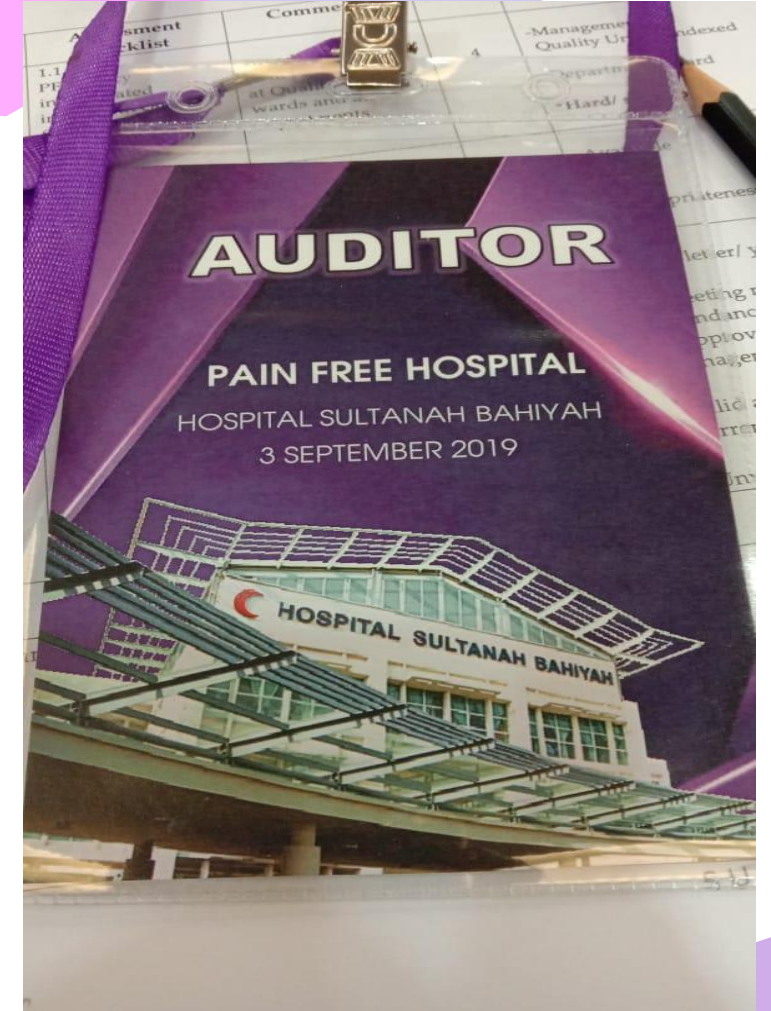
TRAINING



CONFERENCES



AUDITS



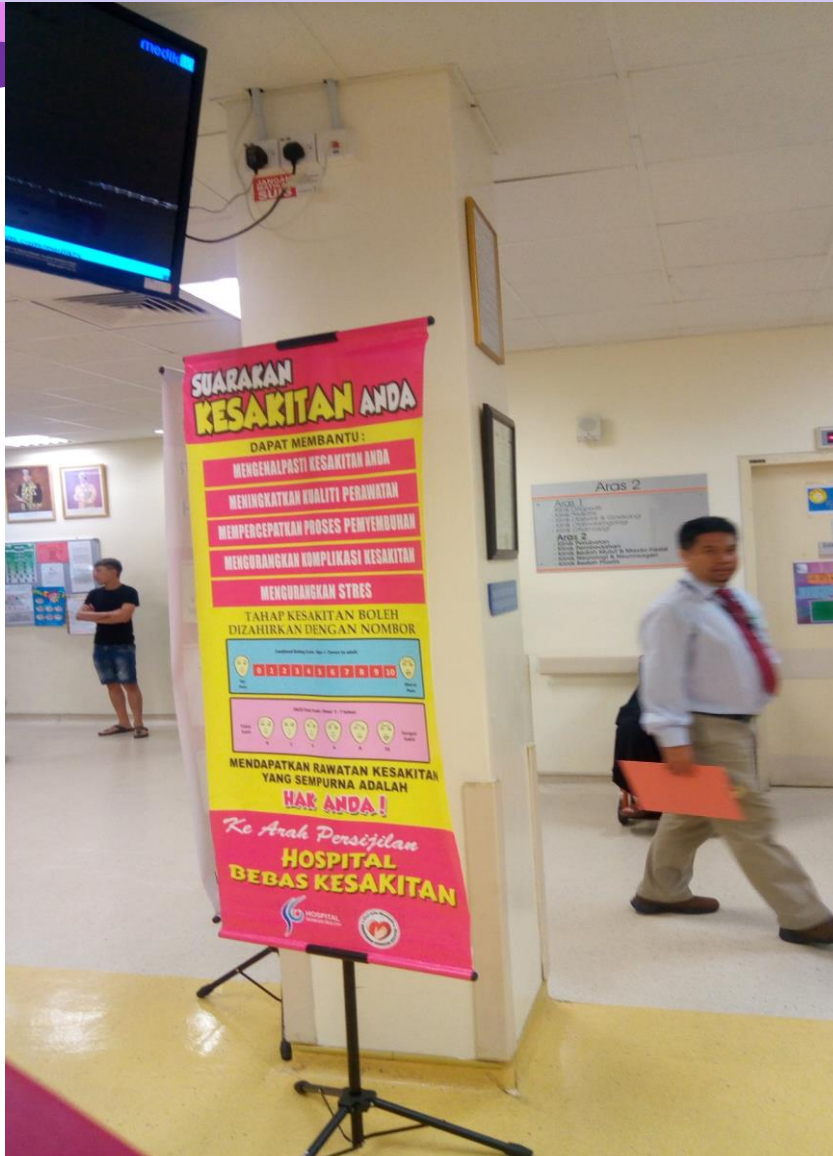
PROMOTIONS



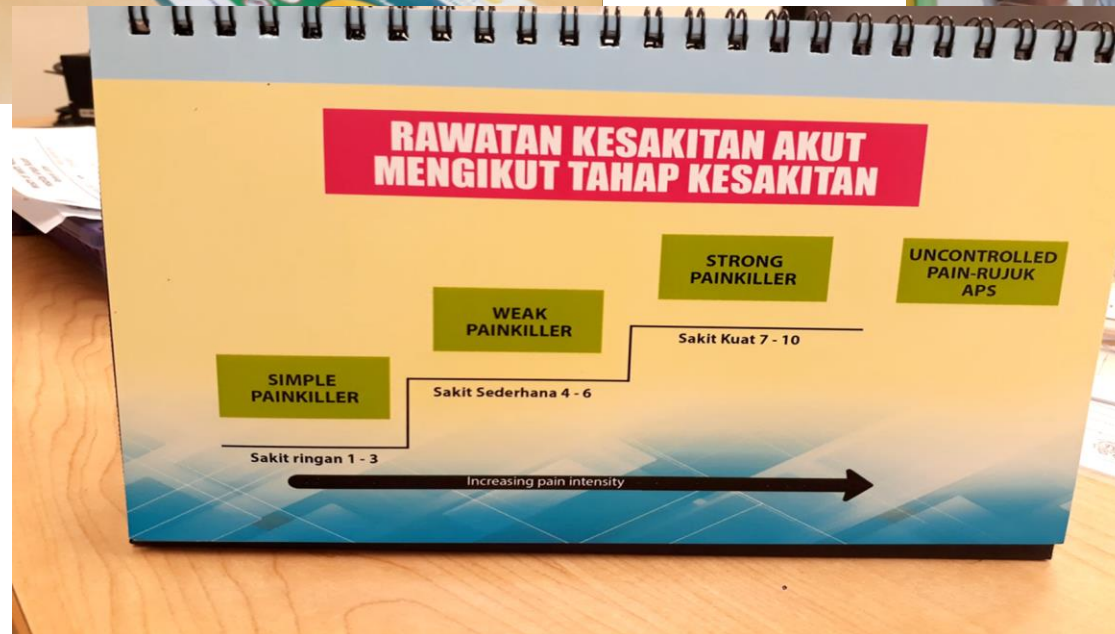
POSTERS AND BUNTING



POSTERS AND BUNTING



EDUCATION MATERIALS



FUTURE



FUTURE



Collaboration with Society, NGOs and Private partnership



By 2030 Pain Free Hospital status for all MOH specialist hospitals



Pain Free Hospital Programme involving Private Centres



Pain Education and management in Undergraduates curriculum

CHALLENGES

SUSTAINABILITY



Continuous training and awareness

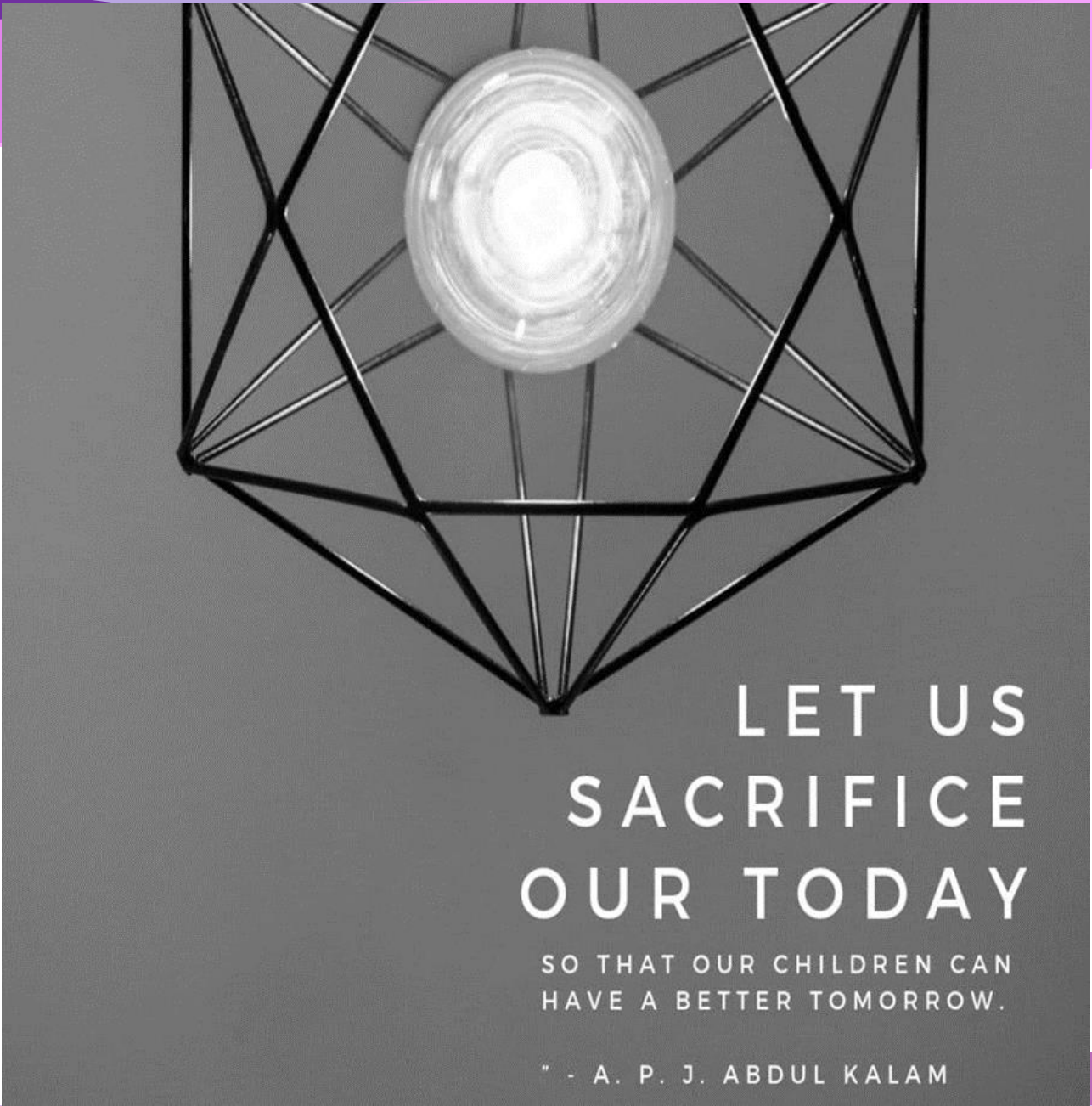


Continuous promotions at all level



Continuous monitoring and evaluation







THANK YOU



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