



MULTIDISPLINARY APPROACH TOWARDS PAIN FREE PROGRAMME



PAIN FREE PROGRAMME | KEMENTERIAN KESIHATAN MALAYSIA | UNIT AUDIT KLINIKAL

INTRODUCTION

1. Pain traditionally involving mainly Anaesthesiologist , Pain Specialist and Nursing staff
2. The way forward – broaden the focus involving the doctors from all disciplines including public health, primary care, dental, pharmacist, allied health professionals and assistant medical officer.
3. Hence - Multidisciplinary approach



Case of Elective Surgery

- 65 years old 'young' lady, history of 3 years knee pain-worsening...
- Pain score at rest : 0, on movement: 6-7
- X-ray of knee shows a osteoarthritic knee with a varus deformity
- Failed conservative treatment, seen by orthopods-planned for surgery...TKR!

SURGERY PERIOPERATIVE

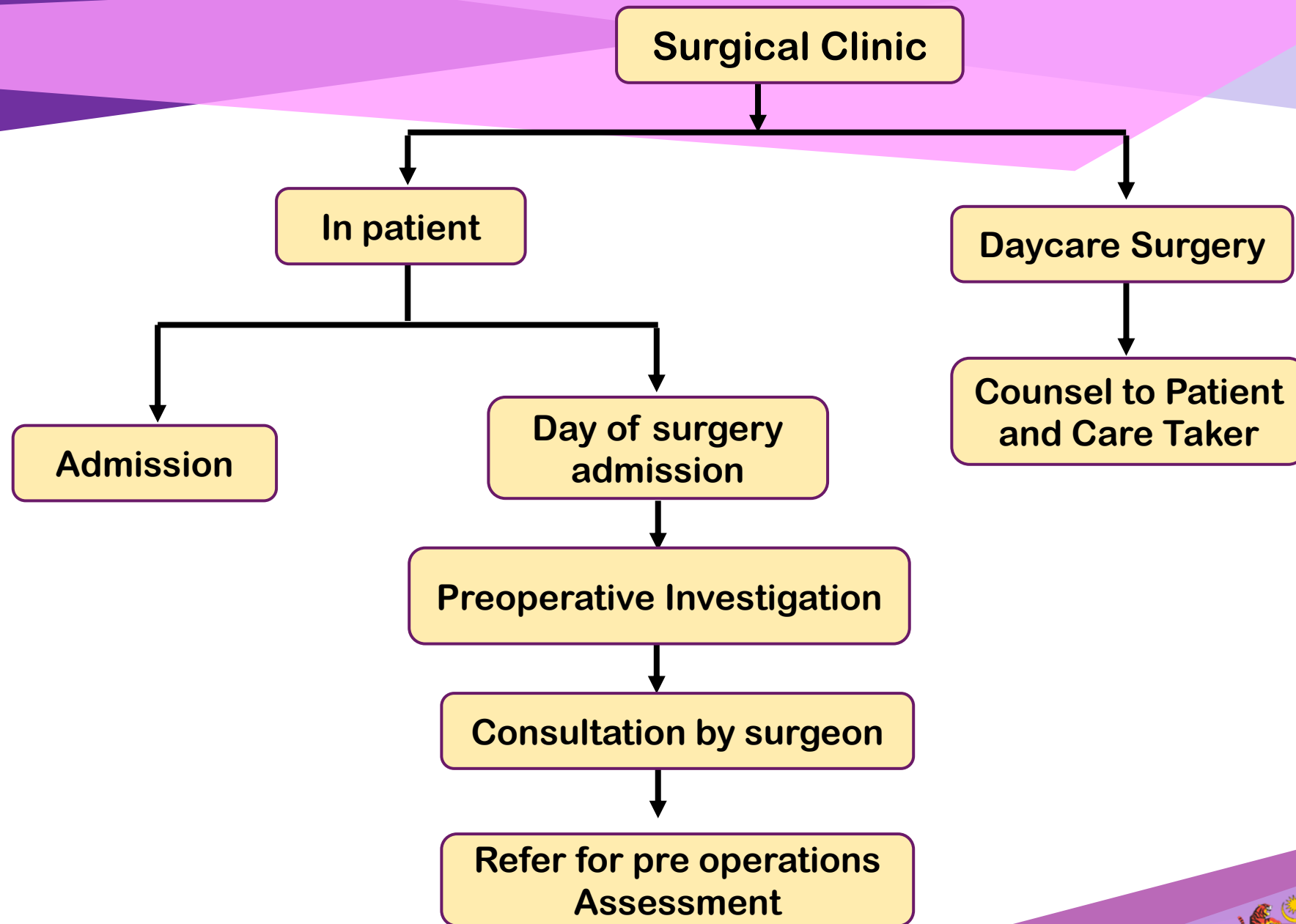
1. Pre – operative
2. Intra – operative
3. Post – operative
4. Discharge



SURGERY PREOPERATIVE

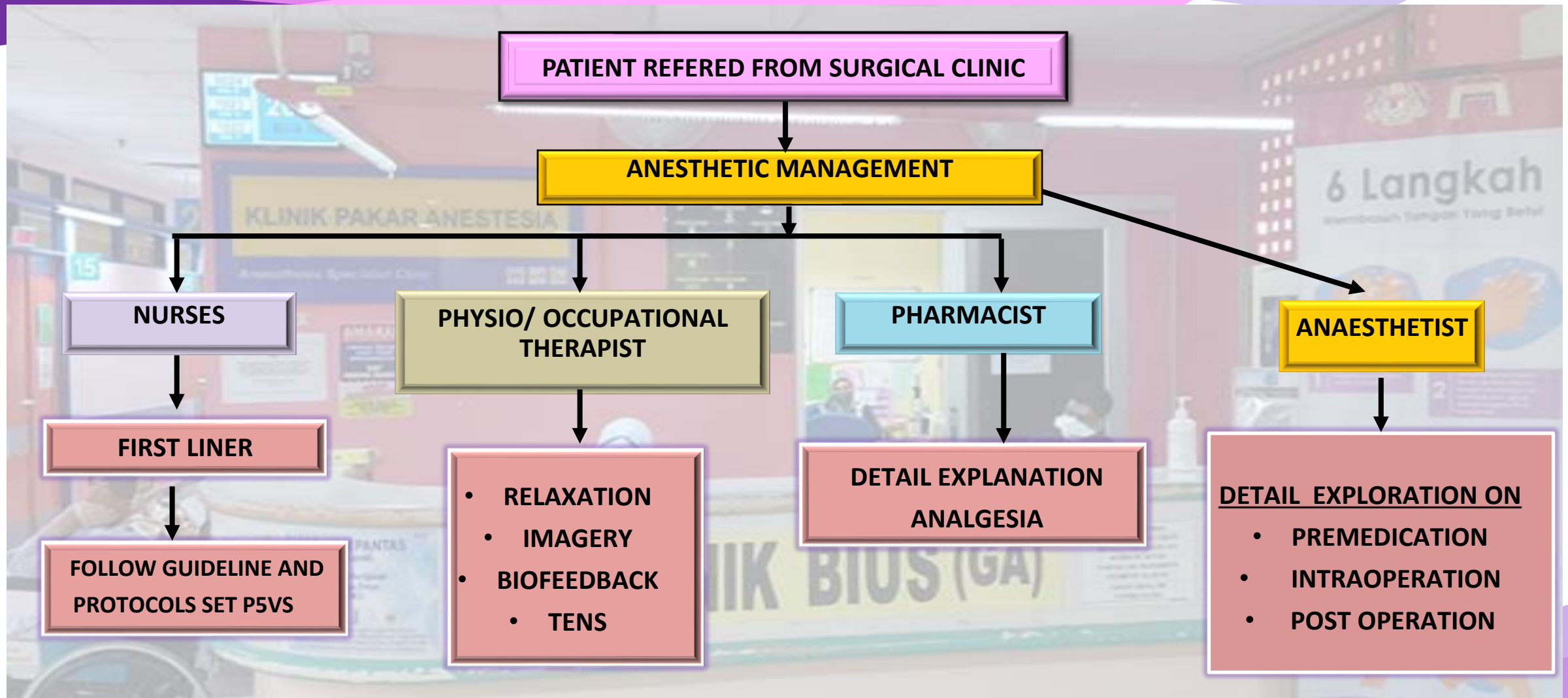
- **Surgical Clinic:**
 - In patients / Day care surgery (DCS) / Day surgery admission (DSA)
 - Procedure and technique explained - eg MIS / ERAS
- **Anaesthetic Clinic:**
 - GA/Regional
 - Post operative Analgesia
- **Others:**
 - Physiotherapy / Dietician







ANAESTHETIC CLINIC



ANAESTHETIC CLINIC

Area where patients meet team members-
Protocol driven

- Preoperative:
Premedication - oral analgesic, anxiolytics,
acupressure
- Intraoperative:
Choice of Anaesthesia,
Analgesic options: Central and Peripheral
block, Acupuncture
- Postoperative:
Acute Pain Services - Epidural / PCA



NURSES GUIDELINES AND PROTOCOLS P5VS

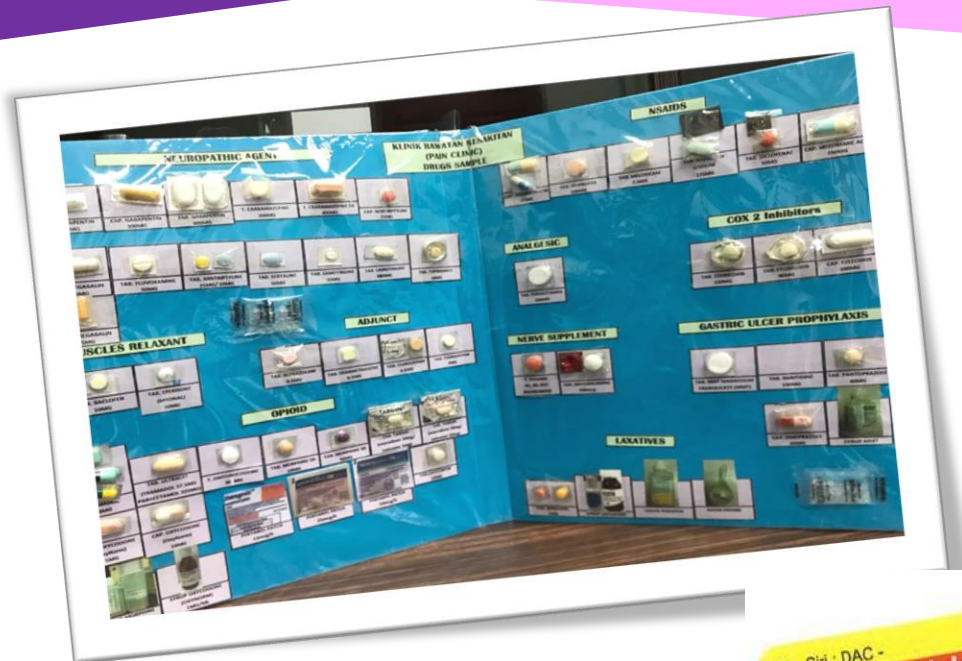


PHARMACIST

**Patient Education:
PCA technique,
Compliance, allergies
and side effects of
medication**



PHARMACIST



Medication sample



Counseling flip-chart

No. Siri : DAC -

Kad Alahan Ubat

Nama _____

No. K/P _____

Nama Ubat	Reaksi Alahan

Peringatan

Sila bawa dan tunjukkan kad ini semasa mendapatkan rawatan atau bekalan ubat-ubatan
(Please bring and show this card when getting medication or seeking treatment)

Pemberitahuan: Kad ini adalah untuk makluman dan panduan sahaja. Kementerian Kesihatan Malaysia tidak bertanggungjawab atas sebarang penyalahgunaan yang melibatkan kad ini.
(Disclaimer: This card is for notification and guidance only. Ministry of Health Malaysia will not hold any responsibility on any misuse of the card.)

Tarikh kad dikeluarkan: _____

Dikeluarkan oleh: _____

Kementerian Kesihatan Malaysia

Allergic card

PHYSIOTHERAPIST

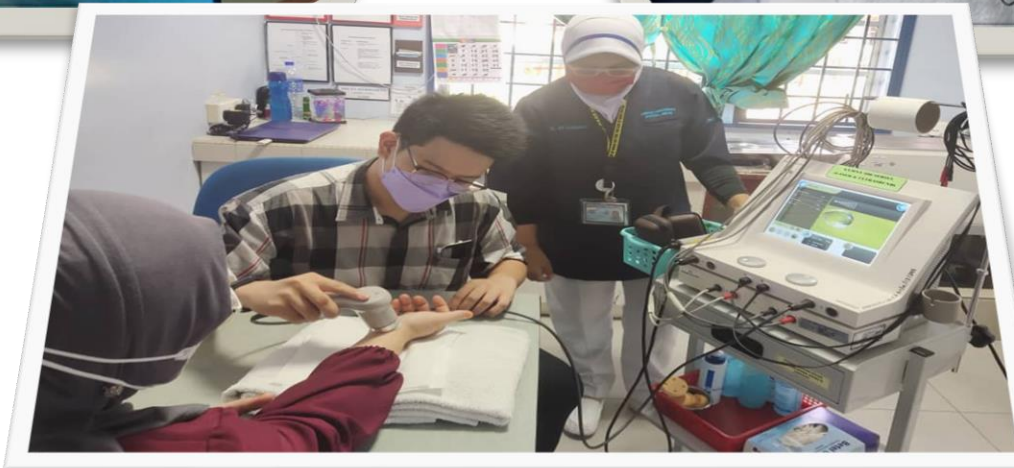
Educate /Introduce
Physiotherapy
interventions



ROLE OF PHYSIOTHERAPIST



PHYSIOTHERAPIST



OCCUPATIONAL THERAPIST

Occupational Therapy provide:

- Holistic and collaborative view of the patient in concern with psychosocial and environmental that contribute to pain and the impact of pain on occupations of daily life
- Non medical approach of pain management



ROLE OF OCCUPATIONAL THERAPIST

Role of Occupational Therapy in Pain management

- Patient education
- Relaxation technique
- Desensitization
- Splint
- Lifestyle modification



OCCUPATIONAL THERAPIST INTERVENTION



INTRAOPERATIVE PERIOD

SURGICAL TECHNIQUES;

- Local Anesthetic (LA) agent infiltrations prior to incision
- Gentle handling of tissue
- Minimal Invasive Surgery (MIS)
- ERAS
- Intraperitoneal instillation of LA

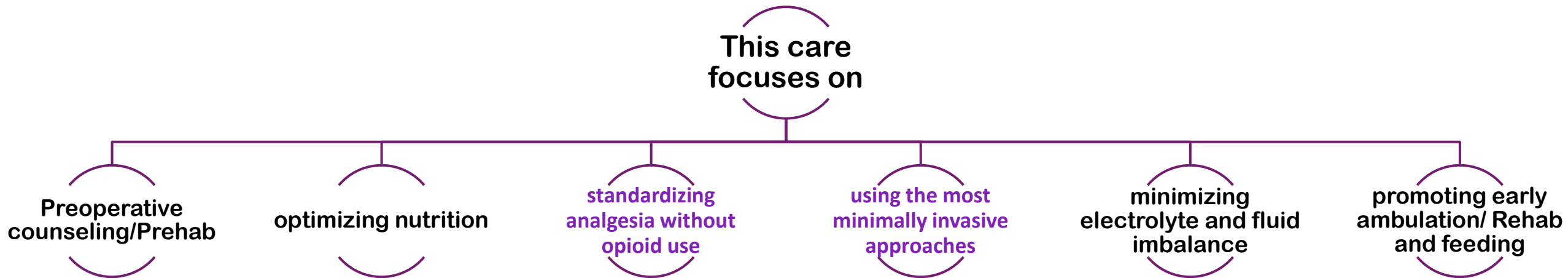


MINIMAL INVASIVE SURGERY (MIS)

Surgery where the surgical procedure is completed with minimal access trauma and procedural trauma



ENHANCED RECOVERY AFTER SURGERY (ERAS)



ERAS

Concept commands perioperative interventions from a multidisciplinary team

Three key factors :

- Modulating surgical stress response
- Managing perioperative fluids
- **Pain control for recovery and rehabilitation**



The primary aims of the, ERAS protocol are to reduce hospital stay, decrease complication rates and reduce readmissions

There are 4 to 12 essential elements targeting perioperative care, with **acute pain management** being one

INTRAOPERATIVE PERIOD

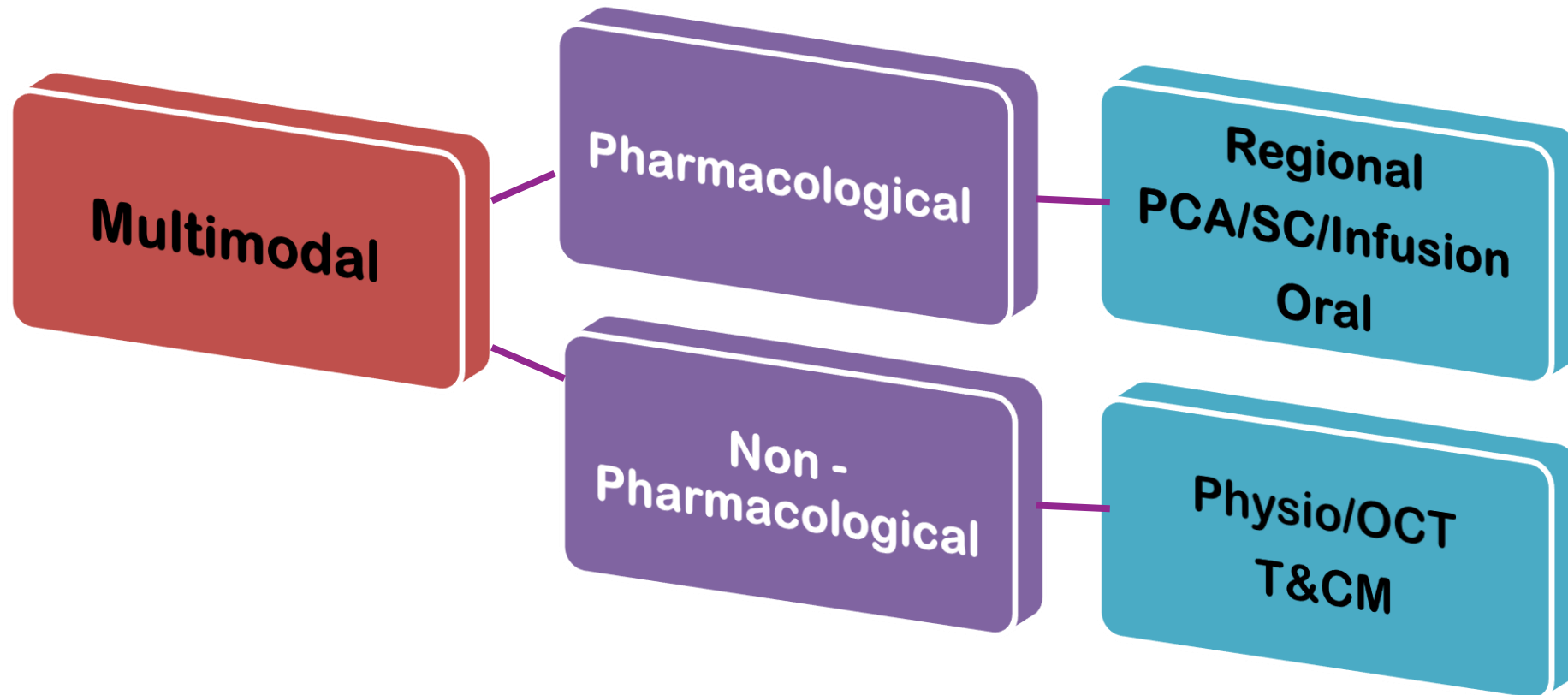
ANAESTHETIC TECHNIQUES;

Use of regional anaesthesia techniques



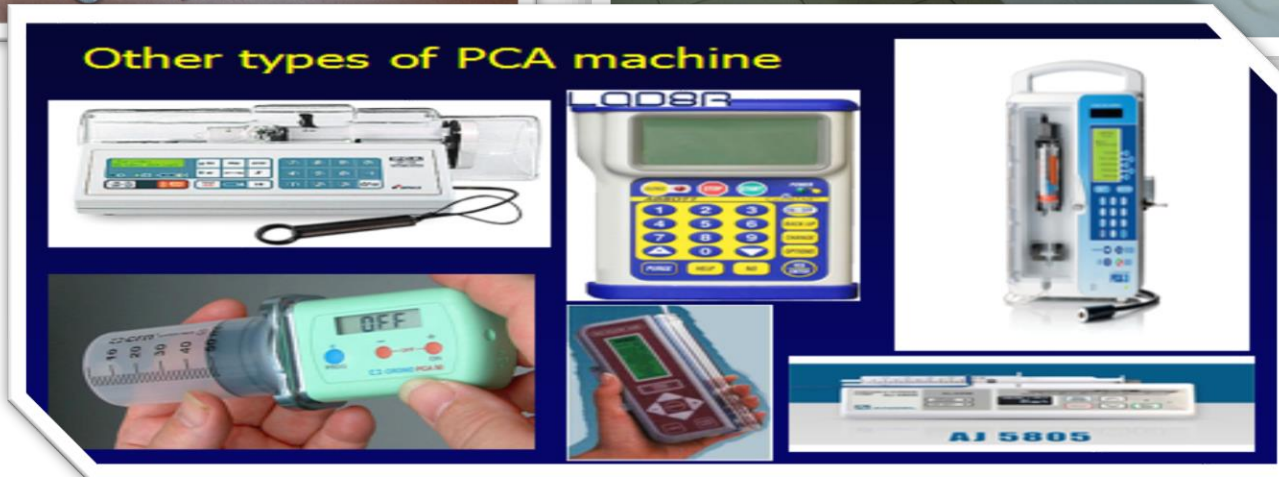
POST OPERATIVE PERIOD

Post operative analgesia



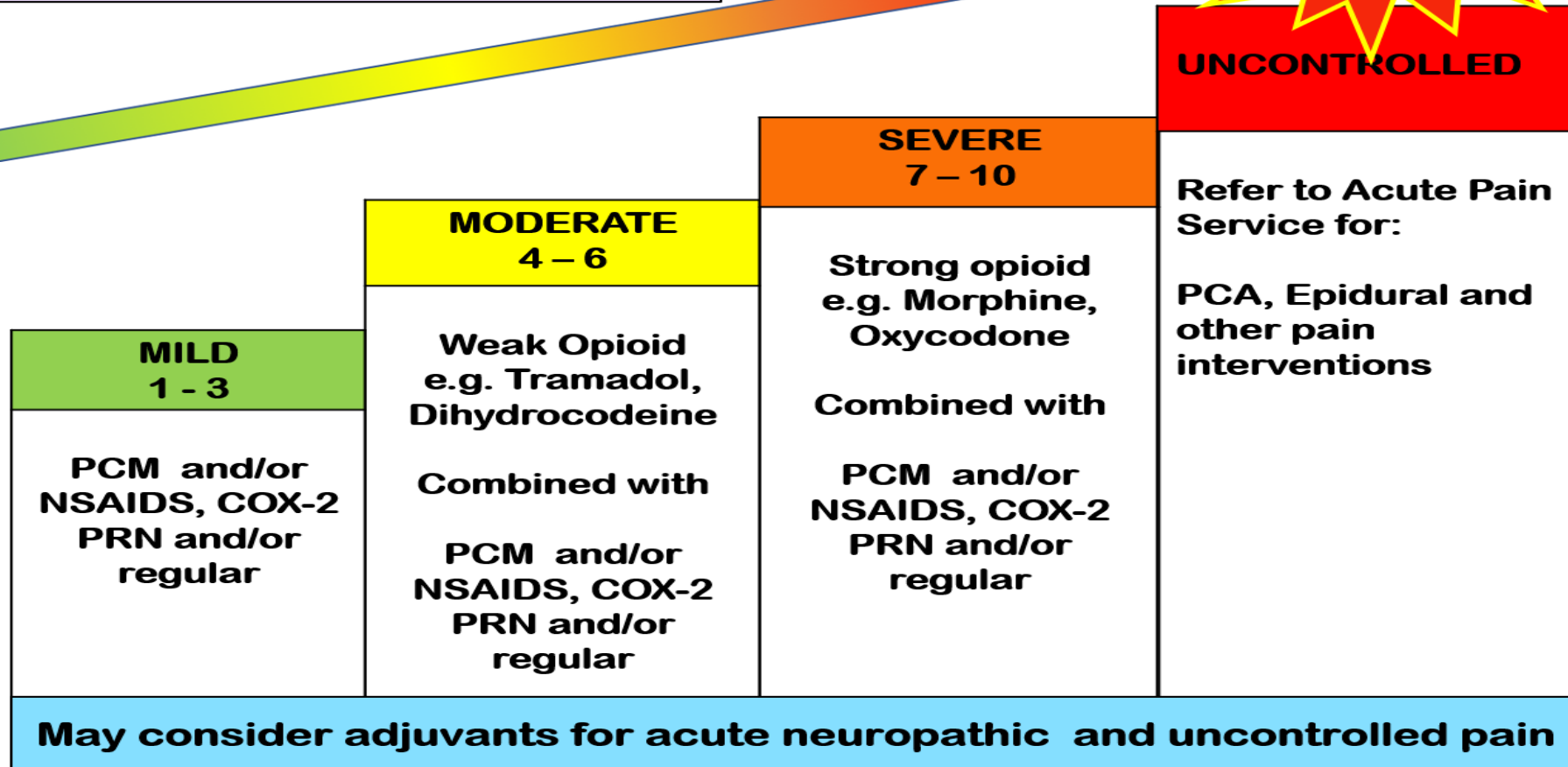
POST OPERATIVE PERIOD

POSTOPERATIVE ANALGESIA

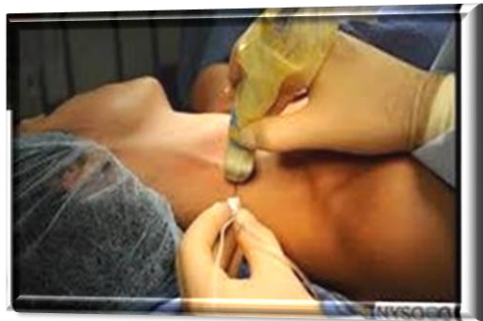
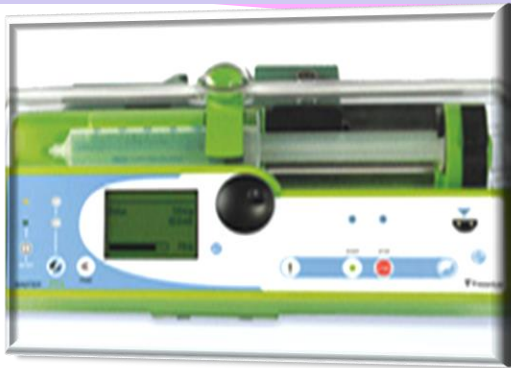


PHARMACOLOGICAL TREATMENT

MODIFIED ANALGESIC LADDER



“Multimodal Analgesia” OR “Balanced Analgesia”



APS ROUND



MULTI-DISIPLINARY ROUND (MTD)



PAIN FREE DISCHARGE



MTD APPROACH : CRITERIA 9

Criteria	Assessment checklist	Comments	Comments by Auditor	Final Marks
Criteria 9: Multidisciplinary team approach in pain management (Refer page 37) a. Specialist Hospital b. Non-specialist hospital c. Health Clinic d. Dental clinic	9.1 Evidence indicating multidisciplinary management of patient: <ul style="list-style-type: none"> • Pre-operative/non-surgical/medical patients • Post-operative patients 	Patients' records managed by APS team, physiotherapists, pharmacists, other disciplines by referral	<ul style="list-style-type: none"> • APS / Anaes Clinic • Pharmacy • Occ Therapy • Physio • Data not verified by HOD *Data 1-3 years.	/2

MTD APPROACH : CRITERIA 9

Criteria	Assessment checklist	Comments	Comments by Auditor	Final Marks
		Data and records of Multidisciplinary ward rounds or case discussions.	<p>1. Non-IT Hospital Documentation of case discussion (virtually / physically) in the presence of i) Primary Team ii) Anaesthetist/ Anaes MO/ Palliative Specialist iii) pharmacist iv) Allied Health / other departments / Hospital Director</p> <p>(3 or more) & signed.</p> <p>OR</p> <p>2. IT Hospital Documentation of case discussion (virtually / physically) in the presence of i) Primary Team ii) Anaesthetist/ Anaes MO/ Pain Specialist iii) pharmacist iv) Allied Health / other departments / Hospital Director</p> <p>(3 or more) & presented in a list format (each case discussion & management accessible in EMR system)</p>	/3





THANK YOU



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