**Therapeutic Nursing Interventions**

**Post-operative Pain Management**

**NUR 403 Transition to Baccalaureate Nursing Practice**

**Purpose of Assignment**

The purpose of this paper is to define a clinical problem, review the literature for appropriate research supported nursing interventions, critique current practice and provide a plan for changing or adapting clinical practice.

**Student Approach to Assignment**

I approached this assignment realizing the challenges of effectively managing post-operative pain. Working on a unit that sees several post-op patients, it was important to find ways to manage pain effectively and decrease the use of narcotics/opioids which further lessens the epidemic of opioid use and dependency.

**Reason for Inclusion of this Assignment in the Portfolio**

The reason for including this assignment in my portfolio is because it is important to manage pain in any patient especially post-op patients. This assignment shed light on the opioid crisis and how and why patients become dependent on opioids to manage pain. This assignment also reevaluated nonpharmacologic ways to manage pain and how that option is underused in most acute care settings. Working on a unit that oversees several post-op patients whose biggest complaint is improper management of pain; this was important to me so I can see what other options I had to assist in managing the pain in my patients effectively.

**Curriculum Outcomes**

**Communication**

* ***Accesses and utilizes data and information from a wide range of sources to enhance patient and professional communication***. Several sources were used to establish the clinical significance and current practice of the problem that exists in nursing regarding post-op pain management. Further studies were then used to evaluate evidence-based nursing interventions designed to improve communication and documentation for patients and staff. Collection of this data provides evidence to support interventions that improve communication between patients and their healthcare professionals. These interventions included pharmacologic as well as nonpharmacologic. Further communication is enhanced by providing patient with the resources and education about other ways to manage pain that are currently available.

**Research**

* ***Differentiates between descriptive nursing literature and published reports of nursing research.*** While developing this paper, the significance of improper management of post-op pain in surgical patients, the evidence-based interventions, and the literature that supports them were identified and presented. The effects of patient involvement, nurse education and training, and making the patient aware of other ways to manage post-op pain were each detailed from published reports by their relevance and associated patient outcomes. These reports supported the development and implementation of the evidence-based nursing interventions that were applied. Continued use and examination of these descriptive studies in nursing can support the development of successful interventions that can be applied universally in healthcare and better manage post-op pain in surgical patients.

**Professionalism**

* ***Differentiates between the general, institutional, and specialty-specific standards of practice to guide nursing care.*** In my paper I identified the general, institutional, and specialty-specific standards related to my practice and the topic presented, post-op pain management. The purpose in managing post-op pain in surgical patients is to help decrease or eliminate the additional cost of longer hospital stays prolonged rehabilitation and overall comfort. This intervention is applied throughout all general practices of healthcare.