Obstetric Anaesthesia
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Mercy Health
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Pain Medication Tacker

An ERAS quality-improvement initiative to improve analgesia compliance at home following caesarean section

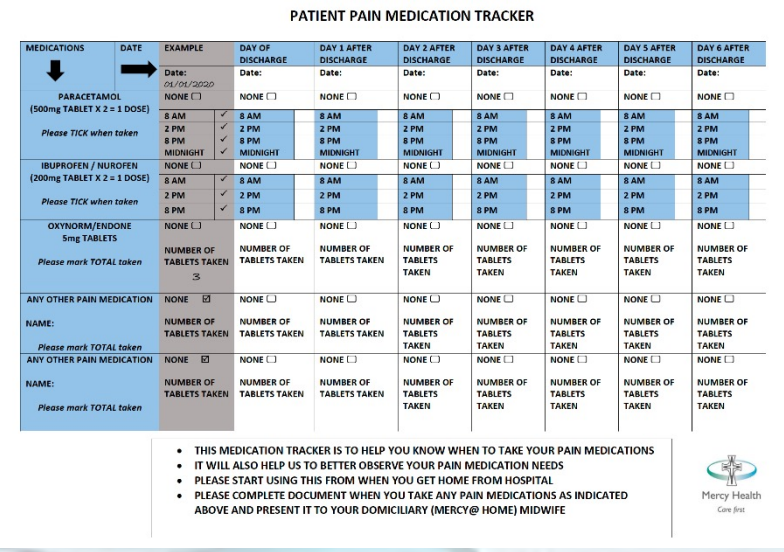
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Introduction

The Mercy Hospital for Women recently introduced an enhanced recovery after surgery (ERAS) for caesarean section programme. In auditing our practice during this program, we discovered a key area for quality improvement around patient education and compliance to post-discharge analgesia. We aimed to devise a novel method of tackling this issue.

Methods

We consulted a number of the stakeholders involved in patient analgesia management; the acute pain service, anaesthetists, pharmacy and the domiciliary services in the development of a pain medication tracker (*figure 1*) for patients to use on discharge. This was designed and initially trialled on a number of patients to assess ease of use.



PATIENT PAIN MEDICATION TRACKER

MEDICATIONS / DATE	EXAMPLE	DAY OF DISCHARGE	DAY 1 AFTER DISCHARGE	DAY 2 AFTER DISCHARGE	DAY 3 AFTER DISCHARGE	DAY 4 AFTER DISCHARGE	DAY 5 AFTER DISCHARGE	DAY 6 AFTER DISCHARGE
	Date: 01/01/2020	Date:	Date:	Date:	Date:	Date:	Date:	Date:
PARACETAMOL (500mg TABLET X 2 = 1 DOSE)	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐
Please TICK when taken	8 AM ✓ 2 PM ✓ 8 PM ✓ MIDNIGHT ✓	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT	8 AM 2 PM 8 PM MIDNIGHT
IBUPROFEN / NUROFEN (200mg TABLET X 2 = 1 DOSE)	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐
Please TICK when taken	8 AM ✓ 2 PM ✓ 8 PM ✓	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM	8 AM 2 PM 8 PM
OXYNORM/ENDONE 5mg TABLETS	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐
Please mark TOTAL taken	NUMBER OF TABLETS TAKEN 3	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN
ANY OTHER PAIN MEDICATION	NONE ☑	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐
NAME:	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN	NUMBER OF TABLETS TAKEN
Please mark TOTAL taken								
ANY OTHER PAIN MEDICATION	NONE ☑	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐	NONE ☐
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Please mark TOTAL taken								

- THIS MEDICATION TRACKER IS TO HELP YOU KNOW WHEN TO TAKE YOUR PAIN MEDICATIONS
- IT WILL ALSO HELP US TO BETTER OBSERVE YOUR PAIN MEDICATION NEEDS
- PLEASE START USING THIS FROM WHEN YOU GET HOME FROM HOSPITAL
- PLEASE COMPLETE DOCUMENT WHEN YOU TAKE ANY PAIN MEDICATIONS AS INDICATED ABOVE AND PRESENT IT TO YOUR DOMICILIARY (MERCY@ HOME) MIDWIFE

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Figure 1 – Patient 'Pain Medication Tracker' given to all patients following Caesarean Section

Results

The pain medication tracker has been demonstrated to be useful in the education of patients by the acute pain service and domiciliary midwives at The Mercy Hospital for Women. It also improved patients' compliance of taking regular simple analgesics at home post discharge through a simple tracking aid. It has been introduced by the Acute Pain Service as routine documentation to good effect.

Discussion

Most of the research in the area of discharge medication non-compliance is in geriatric populations and chronic diseases[1,2] . We know, however, that it is a universal problem and multifactorial in nature. Issues include poor patient education, inconsistent availability and attendance at antenatal classes, time constraints around individual education of patient by the acute pain team and domiciliary midwifery team. A reduction of in-person care, and a focus on telehealth due to the covid-19 pandemic is also a factor. We know that neuroaxial opioids as well as regular simple analgesics are the mainstay of post-operative analgesic management and the best way to reduce systemic opioid intake[3]. We aimed to improve patients' understanding and compliance with taking simple analgesia at home after discharge. Simple interventions such as visual aids can improve patient understanding and medication compliance[2]. We received positive feedback from staff and patients following the introduction of this aid which led to the introduction of this pain medication tracker being used universally for all caesarean section patients on discharge.

References

1. Capiau A, Foubert K, Van der Linden L et al. Medication Counselling in Older Patients Prior to Hospital Discharge: A Systematic Review. Drugs Aging. 2020;37(9):635-55.
2. Negarandeh R, Mahmoodi H, Noktehdan H et al. Teach back and pictorial image educational strategies on knowledge about diabetes and medication/dietary adherence among low health literate patients with type 2 diabetes. Prim Care Diabetes. 2013;7(2):111-8.
3. Roofthooft E, Joshi GP, Rawal N, et al. PROSPECT guideline for elective caesarean section: updated systematic review and procedure-specific postoperative pain management recommendations. Anaesthesia. 2020