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Pain management for adult critically ill patients

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Background: Pain assessment is a vital in providing quality patient care since patient not able to verbalize their pain. The Critical-Care Pain Observation Tool (CPOT) is one of the few behavioral pain scales that have been used widely for the purpose of detecting pain in non-verbal critically ill adults. Therefore this study aimed to evaluate of the implementation of the CPOT on pain assessment for critically ill adults in ICU.

Methodology: A non-randomized controlled study design was used for evaluating the effects of interventions in the Intensive Care Unit (ICU) of a Teaching Hospital in Malaysia. The critically ill patients who meet the inclusion criteria were participate in this study. Patient were selected if age 18 years and older, staying in ICU for more than 24 hours and hemodynamically stable. Four ICU nurses were trained to use the CPOT and scoring the CPOT to patients.

Conclusion: The CPOT was well implemented and seemed to have positive effects on pain assessment and management nursing practices in the ICU. Further research is warranted to look at its impact on patient outcomes.

Biography

Nor Zehan Ahmad is a Nursing Lecturer in the Department of Nursing Science, Faculty of Medicine; University of Malaya, Malaysia. She has received her RN (2000) and BSN (2008) and Master of Nursing Science (2012) from Public University in Malaysia. Her nursing background experience is in Orthopedic, CCU and Adult ICU for more than 10 years. She is currently pursuing her PhD in Nursing and her focus is on pain of ICU patients.

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