



Audit of Postoperative Pain Management Recommendations use in Hospital of Lithuanian University of Health Sciences Kaunas Clinics.

Guoda Juškevičiūtė¹, Aida Kinderytė², Asta Zavackienė², Andrius Macas¹, Liuda Brogienė¹

¹Lithuanian University of Health Sciences

²Hospital of Lithuanian University of Health Sciences Kaunas Clinics

Poorly controlled acute postoperative pain is associated with increased morbidity, functional and quality-of-life impairment, delayed recovery time, prolonged duration of opioid use, and higher health-care costs. In 2015 at Hospital of Lithuanian University of Health Sciences Kaunas Clinics (LUHS KC) Postoperative Pain Management (PPM) recommendations were conducted for the better postoperative care and prevention of transition to persistent postoperative pain.

Aim of this Survey was to determine the use of PPM recommendations by the anaesthesiologists in LUHS KC and to identify patients' postoperative pain intensity.

Patients and methods: during 2017 prospective observational Survey was conducted in LUHS KC. Data analysis was performed in 2018. The Survey consists of 3 parts. In first parts 65 anaesthesiologists were questioned about PPM recommendations use. Questionnaire was made by the authors of the Survey. The main goal of the questionnaire was to find out if anaesthesiologists were using PPM Recommendations in their clinical practice. The second and third parts took place in the departments of Obstetrics & Gynaecology, Orthopaedics & Trauma and Surgery. The medical records of 100 patients were analysed and 81 of the patients, whose medical records had been analysed, were interviewed according to Questionnaire was made by Survey authors. Statistical data analysis was performed with SPSS 23.0 ($p < 0.05$).

Results: 42 (64.6 %) respondents answered that they were following PPM Recommendations in their clinical practice, meanwhile the rest – 23 (35.4 %) anaesthesiologists stated, that they were not following the guidelines. Patients who underwent surgery have been feeling averagely 5.6 out of 10 pain intensity. 19 (23.5 %) patients felt mild pain, 29 (35.6 %) moderate and 33 (40.7 %) felt severe pain after surgery (Table 2.). According to medical documentation only in 45.0% of cases doctors followed the PPM Recommendations. In those cases, when doctors did not follow the PPM Recommendations, patients felt pain more severely ($p < 0.05$).

Postoperative day/ following the PPM Recommendations	First	Second	Third	All
Followed	77 (77.0 %)	53 (53.0 %)	82 (82.0 %)	45 (45.0 %)
Not followed	23 (23.0 %)	47 (47.0 %)	18 (18.0 %)	55 (55.0 %)

Table 1. Use of PPM Recommendation during first 3 days after operation.

Conclusions: More than a half of anaesthesiologists stated that they were using PPM Recommendations in their clinical practice. However, after medical records had been analysed, we found out that in clinical practice PPM Recommendations were followed less frequently. In most of the cases patients felt severe pain after surgery.

Pain Intensity/Following PPM Recommendations	PPM followed	PPM not followed	All
Mild	6 (7.4 %)	13 (16.0 %)	19 (23.5 %)
Moderate	14 (17.3 %)	15 (18.5 %)	29 (35.8 %)
Strong	12 (14.0 %)	21 (25.9 %)	33 (40.7 %)
All	32 (39.5 %)	49 (60.5 %)	81 (100.0 %)

Table 2. Prevalence of following PPM Recommendations and Pain intensity of the patients at LUHS Kanas Clinics.

Reference

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