

The role of multimodal analgesia in early postoperative pain management.

A study from a rural New Zealand hospital

Harith Awrooj, Sergey Mashkov, Gerhardus Bonnet
Whanganui DHB

Introduction

Recent studies have shown that simultaneous use of a combination of several medications, acting at different receptors is associated with better pain relief, less consumption of opioids, and fewer side effects.

Aim

To assess the compliance of a rural New Zealand hospital to established standards for the management of acute post-operative pain and adherence to multimodal analgesia guidelines.

Methods

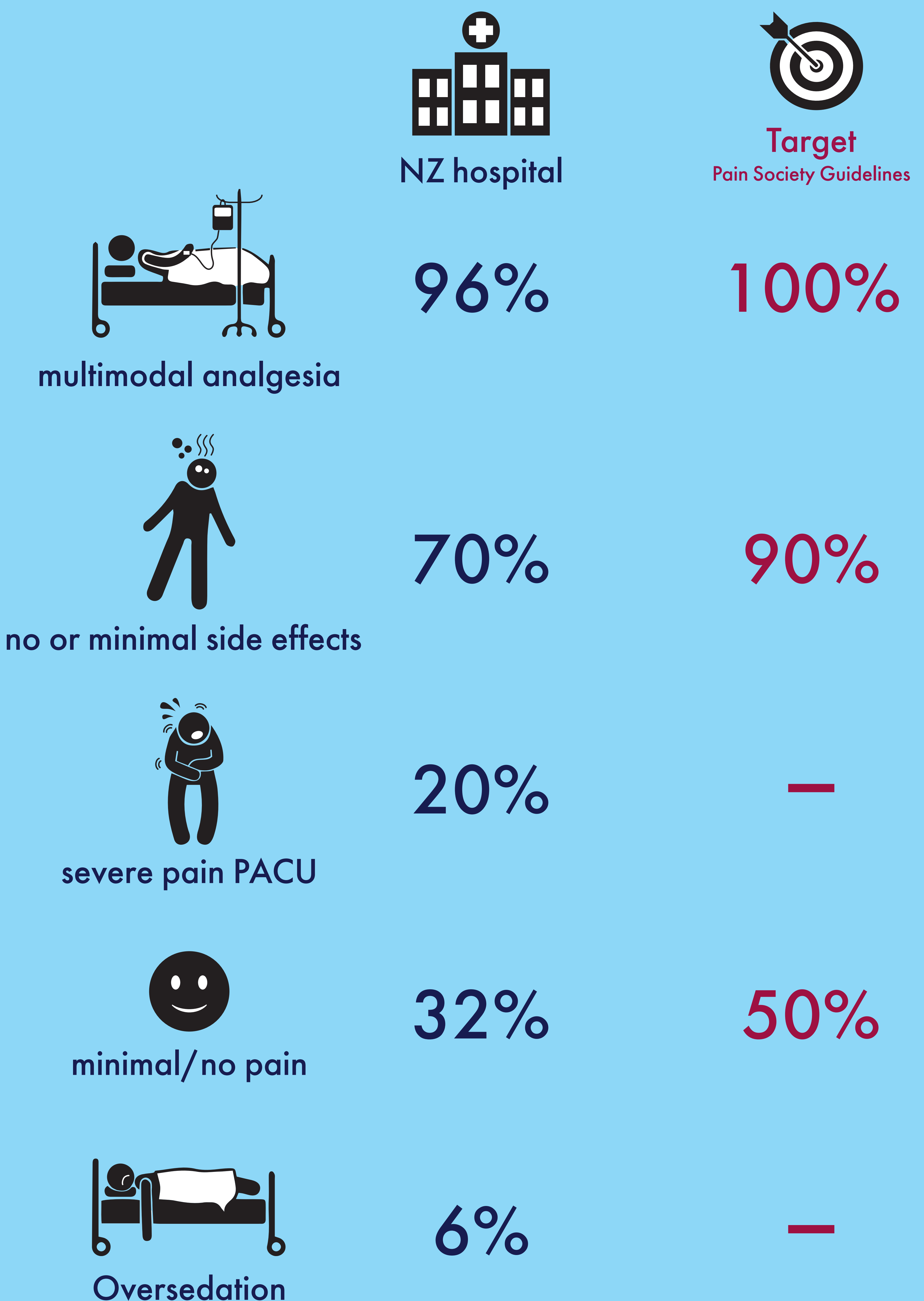
50 consecutive patients who underwent abdominal surgery over one month were followed for the first 24 hours postoperatively to assess individual pain scores by using a graphic rating scale questionnaire and whether multimodal analgesia was used. The actual DHB analgesia protocols were obtained. The collected data was compared to the American Pain Society Guidelines criteria.

Conclusion

Our study showed that uptake of multimodal analgesia in our hospital was inferior to the recommended society guidelines. Some of the results may be skewed due to the relatively small sample size. We realized that more effort and awareness are needed to facilitate peri-operative multimodal analgesia utilization.

Results

In our sample group 96% of patients received multimodal analgesia (vs 100% target) of whom 70% (vs 90% target) reported minimal or no side effects. Severe pain in Post Anaesthesia Care Unit was noted in 20% of cases. 32% of patients (vs 50% target) reported minimal or no pain on the first post-operative day and none reported severe pain. Over sedation and respiratory depression secondary to analgesia were found in 6% cases respectively. One patient required admission to the intensive care unit and opioid reversal.



References :

- 1- Chou, R., et al. (2016). Management of Postoperative Pain: A Clinical Practice Guideline From the American Pain Society, the American Society of Regional Anesthesia and Pain Medicine, and the American Society of Anesthesiologists' Committee on Regional Anesthesia, The Journal of Pain, 17(2), pp.131–157.
- 2- Ballantyne, J.C, Fishman, S.M & Rathmell, J.P (2018). Bonica's Management of Pain. (5th ed.). United States: Lippincott Williams and Wilkin.