Practice Stories Inspired a Multidimensional Comfort Model for Pain Management, Clinical Practice, and Research

Tara Nichols, MS, APRN, CCRN, CCNS, AGCNS-BC
DNP Student Health Innovation and Leadership - University of Minnesota
Clinical Nurse Specialist – Pain Management
Relationship Based Care Expert
Mercy Health Saint Mary’s, Grand Rapids, MI, USA

Conflict of Interest Disclosure

• Tara Nichols, no conflict of interest

Educational Objectives

• At the conclusion of this activity participants should be able to:
  • Identify common themes from pain related practices stories that lead to the development of the Nichols-Nelson Theoretical Model of Comfort (NNTMC) concepts (seven dimensions of comfort, external and internal predictors)
  • Understand the relationship of the model concepts and corresponding assumptions
  • Discuss how the model will shift pain management in clinical practice, innovation, and research
I believe in stories!

“Will you tell them how to take care of me?”

This morphine is not the same!

Her Pain Score is 0/10: “I can’t breathe.”

“Not losing my independence”!

“They don’t know my story”!

Food for thought....

- **Narrative Pedagogy**
  - In learning from experience, reflection guides learners to construct, deconstruct, and reconstruct experience.

- **Practice Based Evidence**
  - The production of research closer to the practice area in the form of action research, participatory research, and practice-based research.

- **Practice Theory**
  - Bring theory, research, and the clinician and individual receiving care together through an iterative process.

I believe themes inform practice!
Practice Model guided by Theory

Assumptions:

The power of Collaboration!

John W. Nelson, PhD, MS, RN
President and Data Scientist, Healthcare Environment

Tara Nichols, MS, APRN, CCNS, AGCN-BC
University of Minnesota HIL DNP Student
Clinical Nurse Specialist - Pain Management
Relationship Based Care Expert
Dimensions, Internal & External Predictors, and proposed Outcomes:

<table>
<thead>
<tr>
<th>Predictors of Comfort</th>
<th>Internal Predictors</th>
<th>External Predictors</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presence/Absence of pain</td>
<td>Therapeutic competence</td>
<td>Pain-Ganey Pain Scores</td>
<td></td>
</tr>
<tr>
<td>Presence/Absence of well-being</td>
<td>Anger/Bitterness</td>
<td>Decrease Opioid Use</td>
<td></td>
</tr>
<tr>
<td>Presence/Absence of fear</td>
<td>Loneliness</td>
<td>Professional development</td>
<td></td>
</tr>
<tr>
<td>Presence/Absence of suffering</td>
<td>Interprofessional Collaboration</td>
<td>Decrease length of hospital stay</td>
<td></td>
</tr>
<tr>
<td>Presence/Loss of trust in health care system</td>
<td>Professional development</td>
<td>也好, Re-admission rate related to pain</td>
<td></td>
</tr>
</tbody>
</table>
| Presence/Absence - Grief from loss of function | Pain source-pain score and how does that feel to you? | CNS Evaluation: Pain CNS rounding questions: What makes your pain better? What else have you tried for pain? What is your most important concern? What other discomfort are
not addressing Pain source-pain score and how does that feel to you? Primary Intervention: Primary intervention should include all corresponding interventions.

Table 2: Dimensions of Comfort, Internal & External Predictors, and Outcomes

NNTMC applied to CNS – Pain Management:

[Diagram showing NNTMC applied to CNS – Pain Management]

[Diagram showing The Nichols-Nelson Theoretical Model of Comfort]

[Diagram showing Figure 1: The Nichols-Nelson Theoretical Model of Comfort]
NNTMC applied to Innovation

- System call for non-pharmacological pain interventions

- Internal Predictors
  - Patients beliefs, attitudes, and experience Pre and Post Surgical Non-pharmacological & Financial Barriers

- External Predictors
  - HCP beliefs, attitudes, and experience with Pre and Post Surgical Non-pharmacological HCP Basic Self-Awareness HCP Basic Self-Care

- Basic Self-Care
  - Self-Advocacy & autonomy in integration of non-pharmacological pain interventions Pre and Post surgical

- Recommendations to HCS on First-line Pre and Post surgical Non-pharmacological pain interventions

NNTMC applied to Translation Research

- Internal Predictors
  - Patients beliefs, attitudes, and experience with PSD-RN-OP & Financial Barriers

- External Predictors
  - HCP beliefs, attitudes, and experience with PSD-RN-OP & Resources

- Primary Care PSD-RN-OP Tools and Protocol
  - Documentation of plan in EHR and progress based on functional assessment

- Basic Self-Care Tools
  - Healthcare literacy for self-efficacy & autonomy in integration of non-pharmacological pain and non-opioid interventional in RN-OPP

NNTMC applied to Research

- Questions:
  - Describe staff members beliefs and understanding of the concept of comfort and pain.
  - Describe the patient’s current state of comfort and pain.
  - Is comfort a unidimensional or multidimensional construct?
  - Is pain and comfort a part of the same construct or separate constructs? If pain and comfort are separate constructs, what is the relationship?
  - Identified validated tools for all concepts except comfort as it relates to beliefs, therapeutic use of self, the dimensions of comfort, and relationship of comfort to pain.
  - Conduct Pragmatic Research of lived pain experience and clinician-patient relationship.
Questions

References