Objectives

- Describe the role of the advanced practice nurse (APN) in providing effective pain management
- Discuss how APN establish therapeutic relationships with patients
- Describe the tools Advance Practice Nurse use to evaluate effectiveness of care
- Discuss how APN collaborates within an interdisciplinary team

Role of the APN

- National Council of State Boards of Nursing (APRN Model Act/Rules and Regulations Approved August, 2008)
- Accountable to:
  - Patients,
  - The nursing profession and Board,
  - Quality of advanced nursing care rendered,
  - Recognizing limits of knowledge and experience,
  - Planning for management of situations beyond the APRN's expertise,
  - Consulting with or referring patients to other health care providers as appropriate.
Role of the APN
- Focus on direct patient care
- Emerging roles in pain management
- Nurse Practitioner and Clinical Nurse Specialist
  - Primary Care Providers
    - Treating those in pain
  - Pain Management Consultants
    - Treating those in pain

Advanced Practice Nurse – Pain Management Consultant
- Inpatient
  - Acute Pain
  - Chronic Pain
  - Acute on Chronic Pain
- Outpatient
  - Chronic or Persistent Pain
  - Acute on Chronic Pain

Advanced Practice Nurse – Primary Care Providers
- Primary Care Practice
  - History and physical examination
    - when your patient has pain?
    - when your patient needs opioids?
  - Developing a partnership with the patient through open communication
The APN Role in Interdisciplinary Team

- Primary Care
  - Collaboration
  - Consultation

- Consultant Role
  - Collaboration
  - Co-manage

Therapeutic Relationships with Patients in Pain

- Relationship is central to nursing
- Based on the needs of the patient for care and guidance

- Listening …
  - Listening as a fundamental moral act
  - Our most difficult duties as human beings is to listen to the voices of those who suffer

Tools to APNs Use to Evaluate Patient

- Thorough history through interview
- Facilitation: making their story easy to tell
- Reflection: directing thoughts, feelings, actions back to the patient
- Clarification: rephrasing vague ideas to help you understand
- Empathetic responses: Truly being with, having interest in, and accepting
More Tools...

- Assessment tools for pain
  - Location
  - Description
  - Intensity
  - Duration
  - Alleviating and relieving factors
  - Associative factors
  - Goals
    - Function
    - Pain intensity

More Tools...

- Pain intensity
- Verbal Description of pain
- Degree of function
- Multidimensional pain scales
  - McGill Pain Questionnaire
  - Brief Pain Inventory
  - Multidimensional Pain Inventory

Review of Systems

- Comprehensive ROS
  - General
  - Eyes
  - Head and Neck
  - Pulmonary
  - Cardiovascular
  - Gastrointestinal
  - Genito-urinary
  - Hematologic/oncologic
  - OB/GYN/Breast
  - Neurologic
  - Endocrine
  - Infectious Disease
  - Musculoskeletal
  - Mental health
  - Skin/hair
Review of Systems

- Focused ROS
  - Ten-point review of systems - initial evaluation
  - ROS on follow up visits

Musculoskeletal
- Hands/wrists
- Elbows
- Shoulders
- Neck/thoracic/lumbar spine
- TMJ
- Feet
- Ankles
- Knees
- Hips

Peripheral Nerves:
Transmission of Action Potential

[Diagram of peripheral nerve showing myelin, Na+, K+, and transmission of action potential]
Assessment

- Differential Diagnosis – Pain
- Documentation:
  - Explanation for why you chose this diagnosis

Plan

- Pharmacological modalities (Ghafoor, St. Marie, 2010)
- Non-pharmacological modalities (Elliott, Simpson, 2012)
- Cognitive modalities (Elliott, Simpson, 2012)
- Complementary and integrative modalities (O'Connor-Von, Osterlund, Shin, Simpson, 2010)
- Multimodal approach (Ghafoor, St. Marie, 2010)

Prescriptive Authority

- State dictated
- Plenary prescriptive authority
- Collaborative authority
- Scheduled drugs
**Medication Safety**
- Understand the psychosocial factors
- Manage expectations
- Chemical health history
- Screening tools
- Treatment agreements
- Urine toxicology
- Monitor adherence to overall plan

**Review the patient’s history and patterns of drug use**
- What a patient received over the last 6-12 months is more important than what they got last week.
- Most abuse did not start within the last 10 days.

**PMP Reports**
*Use the PMP report as a tool.*
- Review any additional records available
- Compare with patient charts
- Validate unexpected information
- Contact prescribers or pharmacies listed, for more details
Reimbursement

- Medicare
  - Federally regulated program
  - Direct reimbursement

- Medicaid
  - State regulated program

- Third-party payers
  - Application into provider groups

Summary

- Role provides system-wide clinical pain management
- Responds to the needs of the institutions and the community
- Needs for the future
  - Advanced practice nurse level of pain management courses that are standardized
  - Specialty graduate programs in pain management
  - Advanced Practice Nurse - Pain Management Certification