

Pain relief protocol

A pain assessment is part of every Initial Assessment and should be achieved within 20 minutes of arrival to our Emergency Department.

A pain assessment includes:

- Assessment
- Treatment
- Re-assessment

Pain score = 0 No pain (still needs to be recorded)

Pain score = 1 Mild pain Nurse to PGD oral analgesia:
Paracetamol 1gm
Ibuprofen 400mg
Dihydrocodeine 30mg

Pain score = 2 Moderate pain Doctor to prescribe oral analgesia:
Paracetamol 1gm
Diclofenac 50mg
Dihydrocodeine 60mg
Consider Oramorph 10mg

Pain score = 3 Severe pain Doctor to prescribe IV analgesia
Paracetamol 1gm
Morphine 5-10mg

After analgesia the patient's pain should be re-assessed within 30 minutes - consider need for further analgesia if insufficient improvement. Use Nurse Order 'Perform Analgesia Review' (PAR) to guide team nurses

All pain scores and re-assessments need to be documented on both EDIS and the observation chart

Any tasks NOT completed within IAU should be handed over verbally to the team and placed on NURSE ORDERS