Le responsabilità infermieristiche nella gestione del dolore

Yari Longobucco – Infermiere

Ricercatore

Dipartimento di Scienze della Salute, Università degli studi di Firenze

ASSESSMENT

DIAGNOSIS

THE NURSING PROCESS

Nurseslabs

PLANNING

IMPLEMENTATION

EVALUATION

68° CONGRESSO NAZIONALE SIGG

Ritorno al futuro
FIRENZE, 13-16 DICEMBRE 2023
PALAZZO DEI CONGRESSI

SOCIETÀ ITALIANA
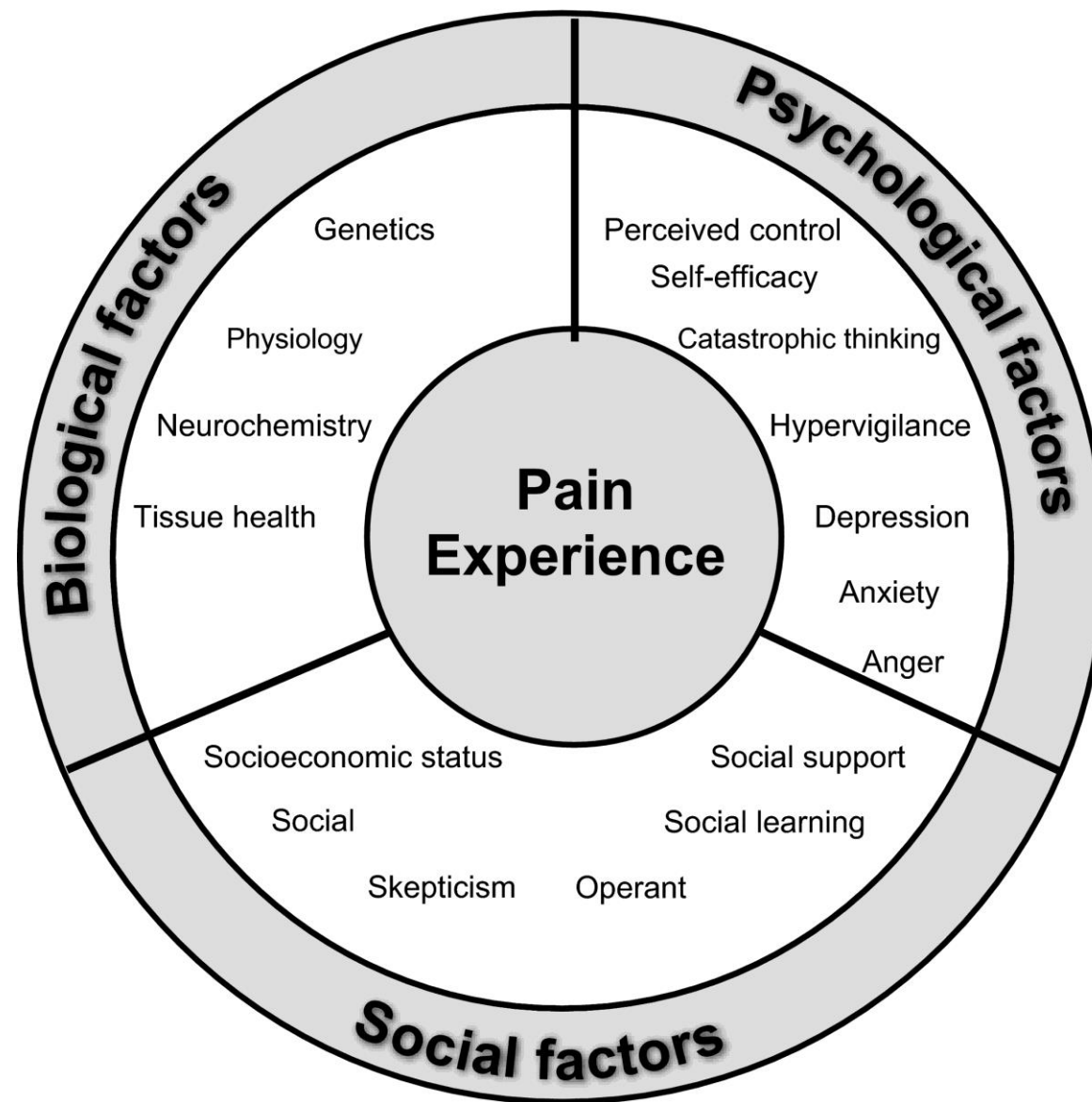DI GERONTOLOGIA
E GERIATRIA

Assessment: concetti guida

- Dolore come "quinto" parametro vitale (1996)

- "Modalità" di accertamento condiviso all'interno dell'equipe

- Scelta dello strumento più adatto

- Aspetti culturali...e non solo!

Scale....

- NRS
- VAS
- PAINAD
- ....

PQRST

P	Provoking/Relieving	What brings the pain on; what makes it better; what makes it worse? What medications are you using at the moment? How often are you taking them? Do they help? Do they cause any side effects? Have you taken anything else in the past for this pain? What was the effect of that?
Q	Quality	Describe the pain. What does it feel like (e.g., stabbing, burning, sharp, aching)?
R	Region and radiation	Where is the pain? Does it spread anywhere else?
S	Severity	How severe is the pain? Now? At its worst? At its least? Most of the time? How does the pain affect your daily activities?
T	Time	When did the pain start? Is it constant or intermittent? How often does it occur? How long does it last?

Diagnosi (infermieristiche)

Tassonomia NANDA:

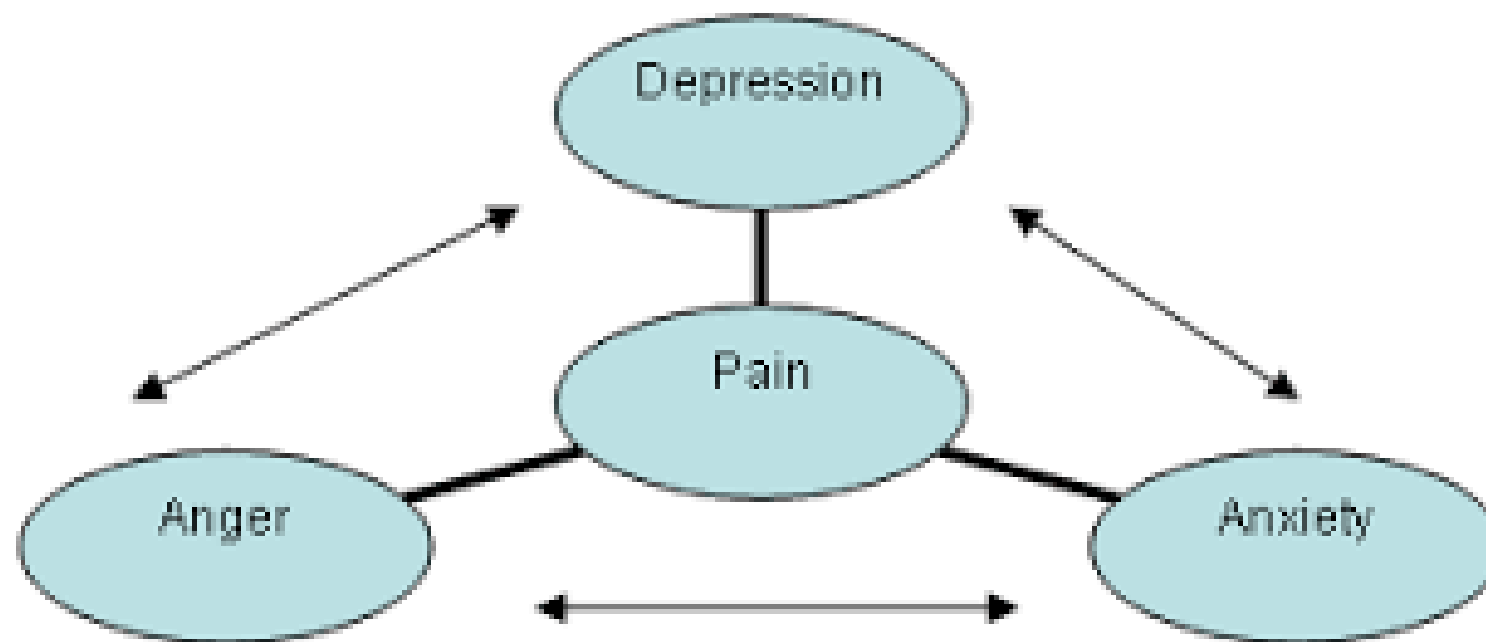- Dolore acuto (00132)

- Dolore cronico (00133)

- ……

Diagnosi (infermieristiche)

Tassonomia NANDA:

- Dolore acuto (00132)
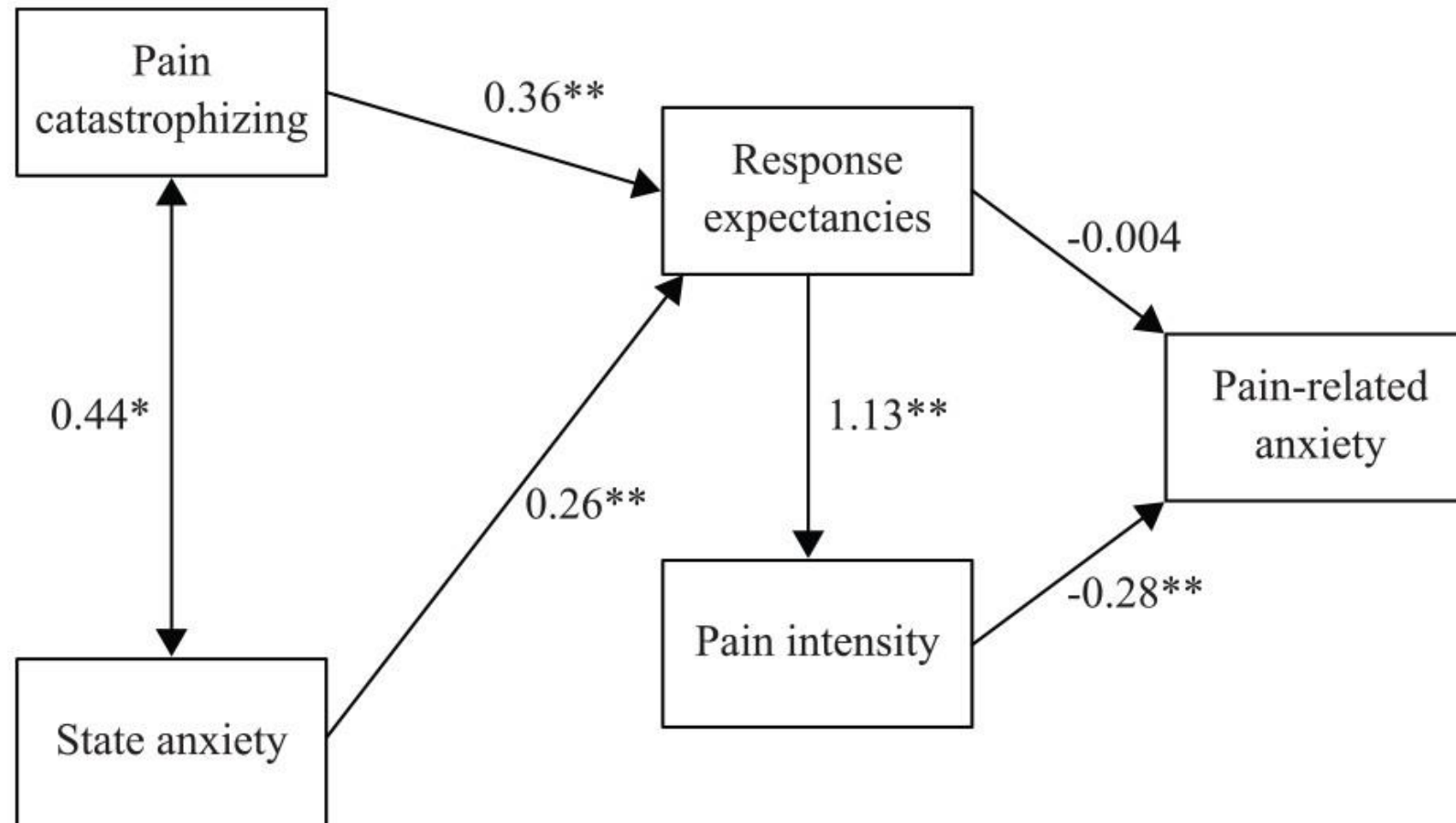
- Dolore cronico (00133)

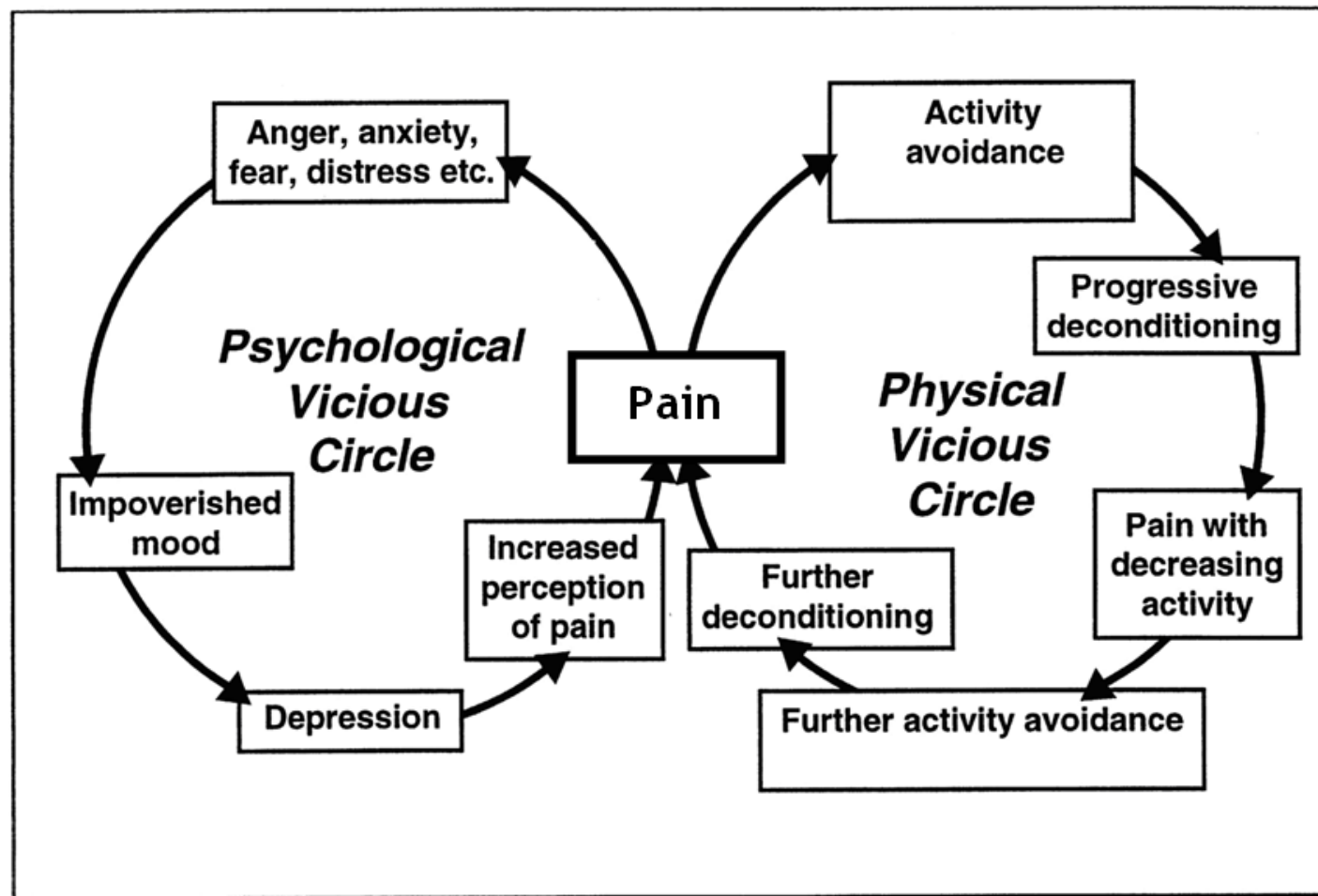- **Ansia (00147)**

Stato emotivo e dolore

Ansia e dolore acuto

Ansia e dolore cronico

Planning

- Valutazione **tempestiva**

- Tp farmacologica

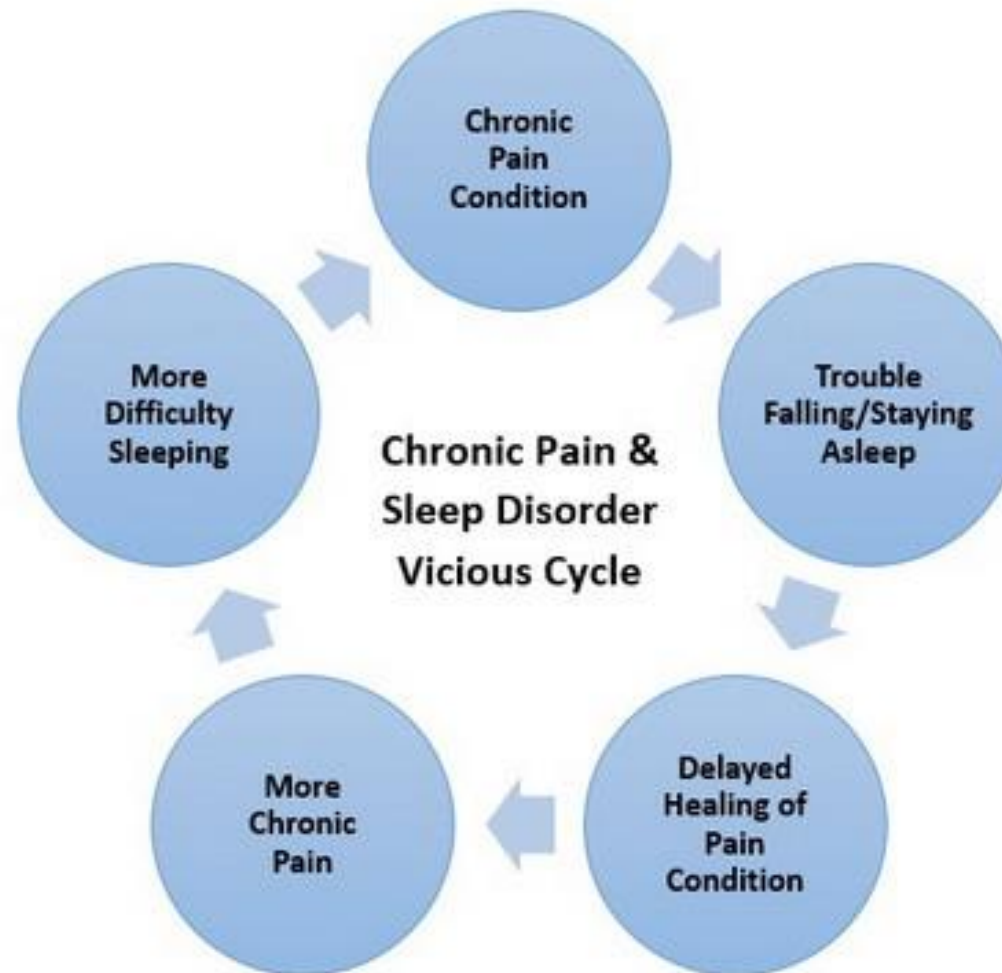- "Painful procedures"

- Educazione

Implementation

- **Valutazione stato cognitivo**

- Somm.ne tp farmacologica

- Posizionamento (e comfort!)

- **Educazione**

- Monitoraggio

- Tecniche di respirazione e/o rilassamento ==> ipnosi

- **Rivalutazione**

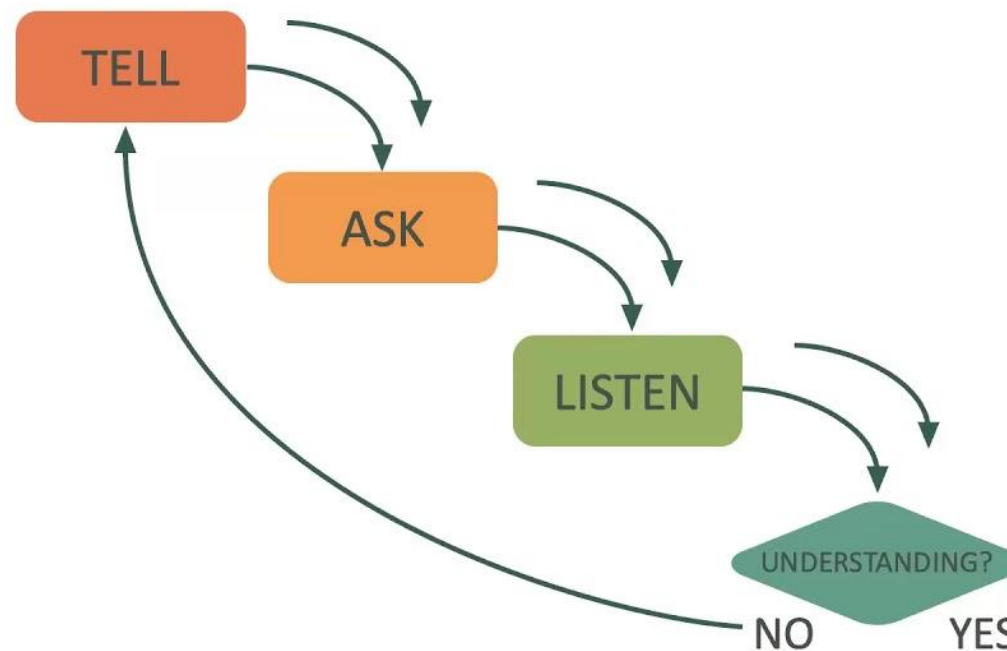Tsegaye et al. *Non-Pharmacological Pain Management Practice and Associated Factors Among Nurses Working at Comprehensive Specialized Hospitals.* 2023. doi: 10.1177/23779608231158979

Dolore e sonno

Assessment - delirium

Educazione: teach back

Ipnosi

Langlois et al. *Hypnosis to manage musculoskeletal and neuropathic chronic pain: A systematic review and meta-analysis.* 2022. doi: 10.1016/j.neubiorev.2022.104591

Rivalutazione
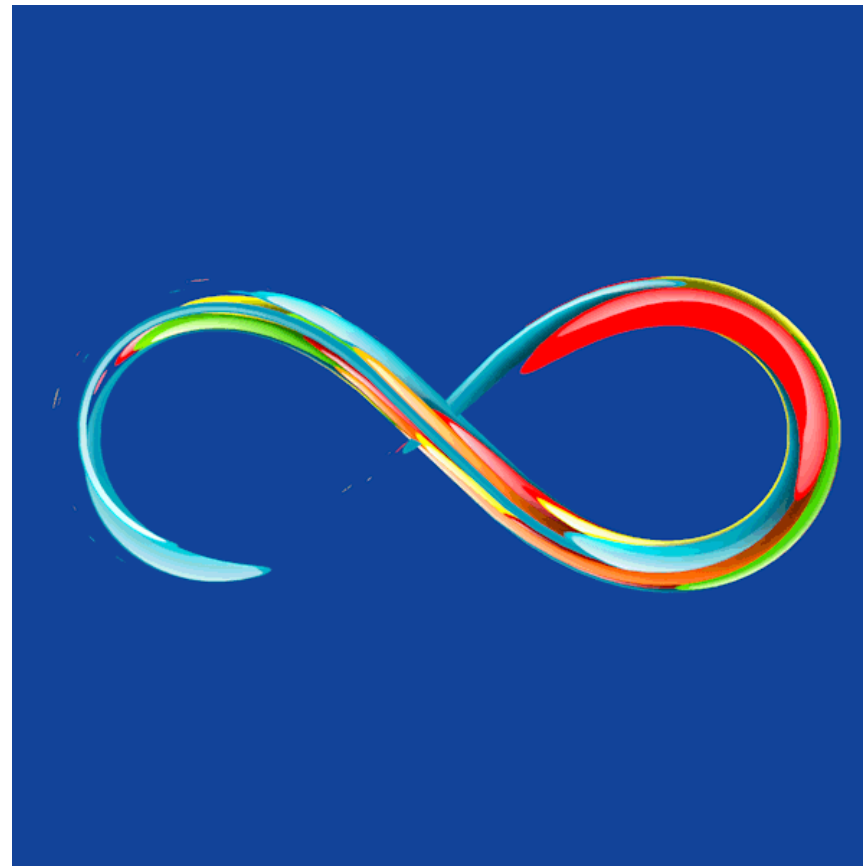
Dimissione protetta – approccio IDEAL

Lumpkin et al. *Twelve Tips for Preparing a Surgical Discharge Summary: Enabling a Safe Discharge*. 2019. doi: 10.15694/mep.2019.000039.1