

## Intervention in Daily Practices to Improve Postoperative Pain Management

Adem Bytyqi <sup>1</sup>, Fadil Kryeziu <sup>2</sup>, Violeta Krieziu <sup>2</sup>, Agron Bytyqi <sup>3</sup>

<sup>1</sup>. Department of Anesthesiology, General Hospital of Prizren, Prizren, ALB <sup>2</sup>. Research, National Institute of Public Health, Prizren, ALB <sup>3</sup>. Centre for Continuing Professional Education, General Hospital of Prizren, Prizren, ALB

**Corresponding author:** Adem Bytyqi, adem.bytyqi@pha-ks.com

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## Abstract

### Introduction

Persistent postoperative pain is common after most surgical procedures. Postoperative pain has been poorly managed for decades.<sup>1</sup> The burden of untreated postoperative pain is high.<sup>2</sup> There is good quality evidence that supports many of the common agents utilized in multimodal therapy, however, there is a lack of evidence regarding optimal postoperative protocols or pathways.<sup>3</sup>

### Methods

The approach of study was quantitative. The research was conducted in a period of 5 years (2015-2019). Data were collected in surgery wards. In the first period, the data were collected, then analyzed and based on these findings were conducted some interventions in daily practices, after that the data were collected to see the effect of these interventions. This assessment was repeated every year during the study.

### Results

From results the maximum pain was 5.38/10 and minimum pain was 1.17/10. Regarding to wards general surgery patients reported the worst pain (maxpain 6.06/10) and less pain was in Ophtalmology (maxpain 1.94/10). During general survey of postoperative pain management many daily clinical practices was needed to be improvement. From the key findings can be mentioned the pharmacologic treatment of pain in combination with non-pharmacologic treatment, the evaluation of the pain, the continuous documentation, giving of analgesics according to the description and not "as needed" etc. After a period of time, most of the everyday practices have become the old practices, so changing the daily clinical practice or habits has been seen as a challenge for health professionals.

### Conclusion

Patients after surgical procedures reported severe pain-related outcomes. It is needed to evaluation the pain in the sheet of vital signs monitoring. Implementation of pain management programs and care policies to build pain management into standing orders, protocols and patient charts is needed. While habits are difficult to change these daily practices should be constantly monitored.

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Abstract

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