

**GYNAECOLOGY CORE CARE PLAN:**

**Care plan of patient with pain management**

*Affix patient label or enter details:*

Trust ID No.:

Surname (BLOCK LETTERS): First name:

D.O.B.:

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| **PROBLEM: This patient has pain due to:** | |
| **GOAL: Pain to be controlled to a level acceptable to the patient so that she can be independent in activities of daily living including mobility** | |
| **ACTIONS** (Circle appropriate actions) | **AMENDMENTS**  (Date/Signature) |
| **1.** Complete admission documentation including all risk assessments, full set of observations using NEWS to provide baseline and to identify the triggers for  their subsequent frequency. Record pain score. |  |
| **2.** Ask this patient to describe location, intensity and quality of any pain in her own words (for example, stabbing, throbbing or shooting). Ask her to consider if  other factors may be involved such as bladder/bowel function, menstruation,  mood, sexual activity, for example. This gives a descriptor from which to assess effectiveness of any analgesia given. |  |
| **3.** Ask her to change position, deep breathe or cough. Using a pain scale (for example, 0 -10), and/or verbal explanation appropriate for this patient, for eg.  “Is this pain mild, moderate or severe?” ask her to describe how the pain rates  on the scale. Record on observation chart and in nursing notes. |  |
| **4.** Observe her for verbal/non-verbal signs of pain and discuss what you have noticed with her. Check that you have understood what you heard/saw. |  |
| **5.** Ensure adequate multimodal analgesics are prescribed and then given, and that their effectiveness is monitored within 20 minutes. Record evaluation of  effectiveness of analgesia in nursing notes. |  |
| **6.** Assess for any side effects of the analgesia given e.g. nausea /constipation  /dizziness and act to rectify. |  |
| **7.** Consider use of non-pharmacological techniques, for example heat/cold pad, TENS, relaxation, repositioning, diversion/distraction. Consider referral to  appropriate nurse specialist. |  |
| **8.** Give emotional support and reassurance including explanation regarding any diagnosis and when there has not been any cause found for pain. Offer health  promotion as applicable. |  |
| **Signature of nurse generating care plan:** | **Date:** |
| **Evidence:**   C032 Minimum Standards for Observations 2015 | |

*Issued by: Samantha Backley + Gynaecology Nursing Team March 2021 Review Date: March 2023*