

## ***El Paso - Ambulatory Clinic Policy and Procedure***

Title: <b>ASSESSMENT AND MANAGEMENT OF PAIN</b>	Policy Number: <b>EP 3.13</b>
Regulation Reference:	Effective Date: <b>9/2013</b>

### **Policy Statement:**

Texas Tech University Health Sciences Center at El Paso recognizes each patient's right to be involved in their care including the appropriate assessment and management of pain. Pain assessment may be considered as the "fifth vital sign". Management of pain should be individualized to the patient; appropriate to age, developmental level, and sensitive to cultural and other psycho-social influences.

### **Scope and Distribution:**

This policy applies to all TTUHSC at El Paso ambulatory clinic operations.

### **Procedure:**

1. All patients, as part of ongoing patient care and assessment and at each initial and subsequent ambulatory visit, when appropriate, should be asked if they are experiencing pain. The health care professional will assess the patient's pain utilizing the patient's self-report as the primary source of assessment.
2. A response to pain or answer "yes" to the initial screening question should result in further evaluation. The patient will then be asked to rate their pain using a pain intensity scale appropriate to the individual patient and respond to additional questions if indicated which may include: pain intensity, characteristics of pain, evaluations of signs and symptoms, physical and psychosocial assessments.
3. Pain rating scales appropriate to the different patient populations served will be made available at patient assessment areas (See Attachment 3.13.A). Patients will be educated regarding the use of the pain scale during initial assessment and as needed. Pain rated by the patient as moderate or as a 5 or above on the VAS scale or a similar level on another appropriate pain scale, should be further addressed in the plan of care.
4. Assessment of pain should include history and physical review for factors related to or contributing to pain, and history of previous interventions and evaluation of the effectiveness of current and previous pain management interventions.
5. The patient assessment, interview, evaluation and intervention should be documented in the patient's medical record.
6. For those patients requiring pain management, the assigned staff or physician should provide specific education to the patient (or his/her legal representative or care givers) related to the patient's pain regiment.
7. In certain clinical settings, such as a pain clinic, the use of a VAS scale or similar screening tools may not be utilized. In these settings, the entire clinical encounter summary represents the appropriate pain assessment and management plan.

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**Attachment:**

EP 3.13A – Pain Scales

Policy Number: <b>EP 3.13</b>	Original Approval Date: <b>9/2013</b>
Version Number: <b>1</b>	Revision Date:
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