

Creation of a Pain Management Order Set in Meditech



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Background

Proper pain management is a critical component of inpatient care. There are many pain medications to choose from, each with varying strengths, uses, and potential adverse effects. An easy way to aid providers, to help them prescribe adequate pain medicine, would be by creating an order set to help organize the many options. Different versions of pain management order sets are used in the Electronic Health Record (EHR), Meditech, at various Medical City hospitals in the North Texas area. However, at Medical City Weatherford, there was a need to create a pain management order set as it was previously non-existent.

Objective

To create and instill a pain management order set in Meditech at Medical City Weatherford to facilitate better inpatient treatment of pain.

Methods

Working with the Director of Clinical Informatics at Medical City Weatherford, several different versions of pain management order sets from other Medical City hospitals in the North Texas area were evaluated. An order set was created by adapting the version used by Medical City Lewisville and referencing pain management guidelines from HCA Clinical Services Group. After approval by the residency program director, the proposal for a new order set was submitted for approval by hospital administration.

Results

The final version of the pain management order set was approved for use in Meditech. The order set is composed of the following categories: Mild pain (scale 1-3) (non-opioids), Moderate pain (scale 4-6), Severe pain (7-10) PO, IV options for breakthrough pain/when not tolerating PO, Scheduled Around-the-Clock (ATC) for chronic/persistent pain, Neuropathic, Bowel Regimen, Antiemetics, and Antipruritics. The display of morphine milligram equivalents (MME) for each opioid and 24 hour MME totals was also proposed.

Conclusion

Given the magnitude of the opioid crisis, the importance of proper pain management should not be overlooked. The creation of a standardized pain management order set is important to provide adequate pain control in the inpatient setting while avoiding adverse effects. The implementation of displaying MME totals within the last 24-hours will allow providers to reduce the likelihood of opioid overdose. The addition of pain scale categories helps guide providers in proper de-escalation of pain medications for varying subtypes of pain.

References

1. Sample Multimodal Pain Management Guidance
2. Medical City Lewisville Adult Pain Management Order