PAIN OUT

Improvement in
postoperative PAIN OUTcome

The PAIN OUT project

- an overview

COOPERATION

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What is PAIN OUT?

A research project that aims at improving postoperative pain treatment outcomes by use of a toolkit consisting of

- 1. a benchmark module that feeds back outcomes
- 2. an electronic knowledge library

From 2009 to 2012, PAIN OUT was funded by the EC.

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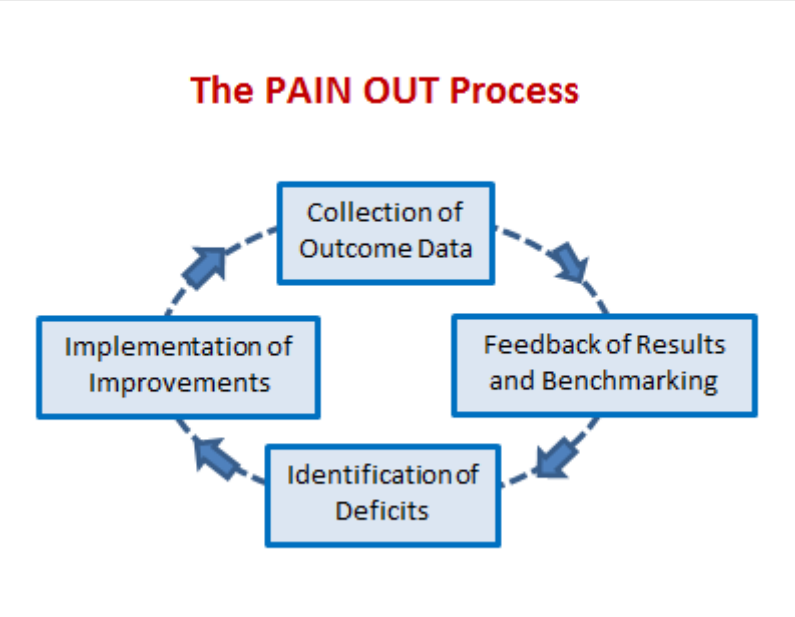

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What are the advantages of joining PAIN OUT?

- Continuous feedback and analyses of own quality of care (quality assessment tool)
- Possibility of change management concepts by evaluating own results
- Research opportunities
- Better patient care if results lead to improvements
- Being part of the world‘s largest network of clinicians involved in acute pain treatment

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Which patients can be included?

Currently, there are 3 PAIN OUT modules:

- PAIN OUT standard (post-op adult patients)
- PAIN OUT follow-up (after 6 and 12 months)
- PAIN OUT infant (post-op pediatric patients)

Additional modules in preparation: PAIN OUT outpatient, PAIN OUT obstetrics

How is it done?

1 a) Collection of patient outcome data (based on the APS-POQ-R questionnaire)

1 b) Collection of process data (demographics, medical history, pre-, intra- and postoperative medical treatment)

2) Input of data into web-based data entry mask

3) Feedback of results via the benchmarkserver

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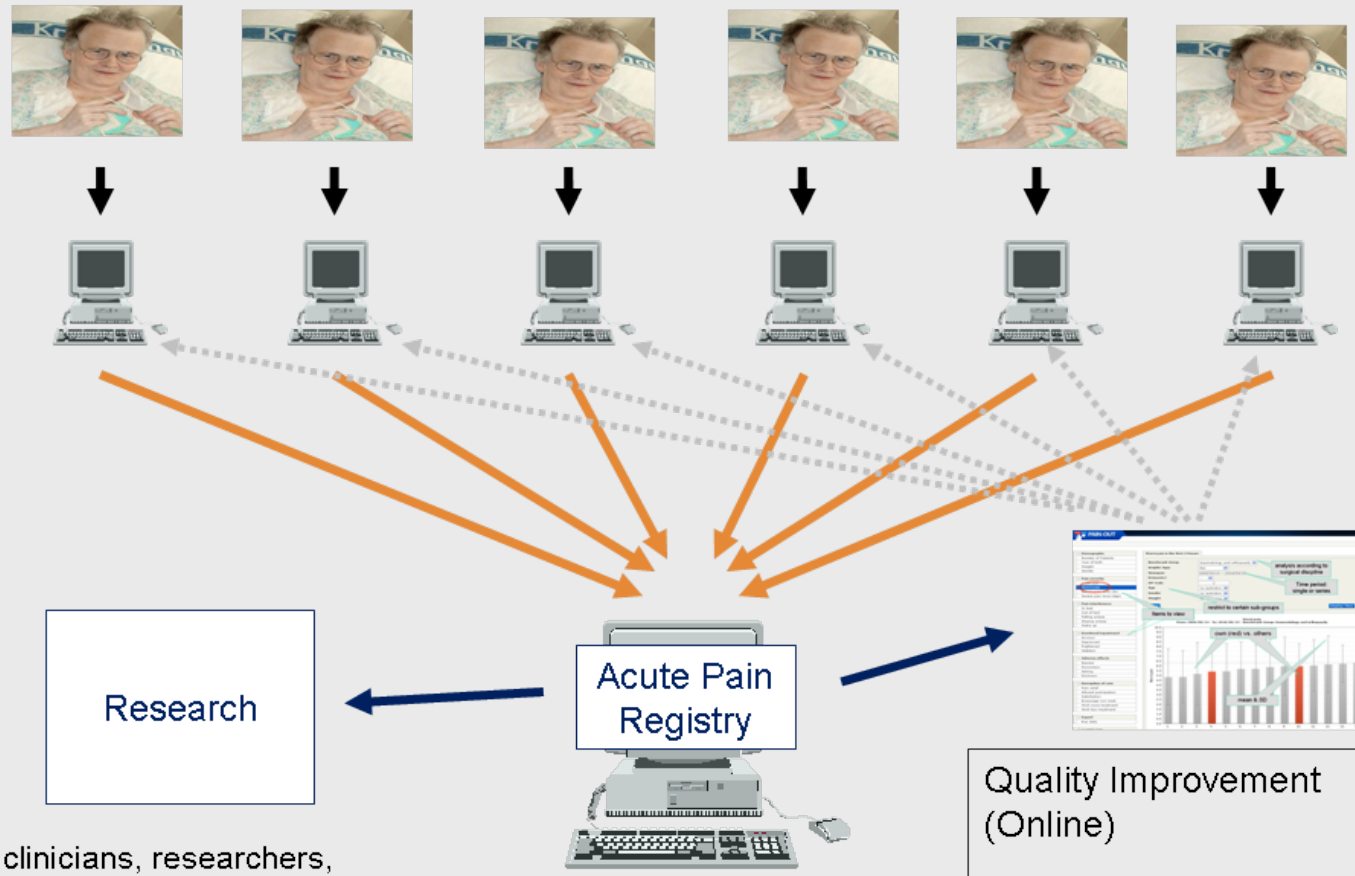
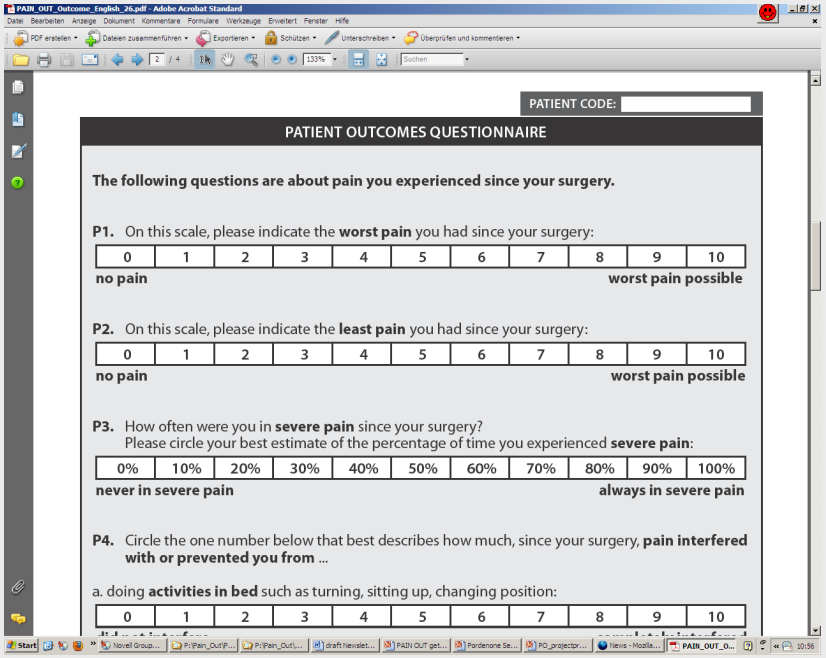
Feedback & Benchmarking



1. Collection of data

Patient outcome questionnaire and process questionnaire collected on paper form



PATIENT CODE:

PATIENT OUTCOMES QUESTIONNAIRE

The following questions are about pain you experienced since your surgery.

P1. On this scale, please indicate the **worst pain** you had since your surgery:

0	1	2	3	4	5	6	7	8	9	10

no pain — worst pain possible

P2. On this scale, please indicate the **least pain** you had since your surgery:

0	1	2	3	4	5	6	7	8	9	10

no pain — worst pain possible

P3. How often were you in **severe pain** since your surgery?
Please circle your best estimate of the percentage of time you experienced **severe pain**:

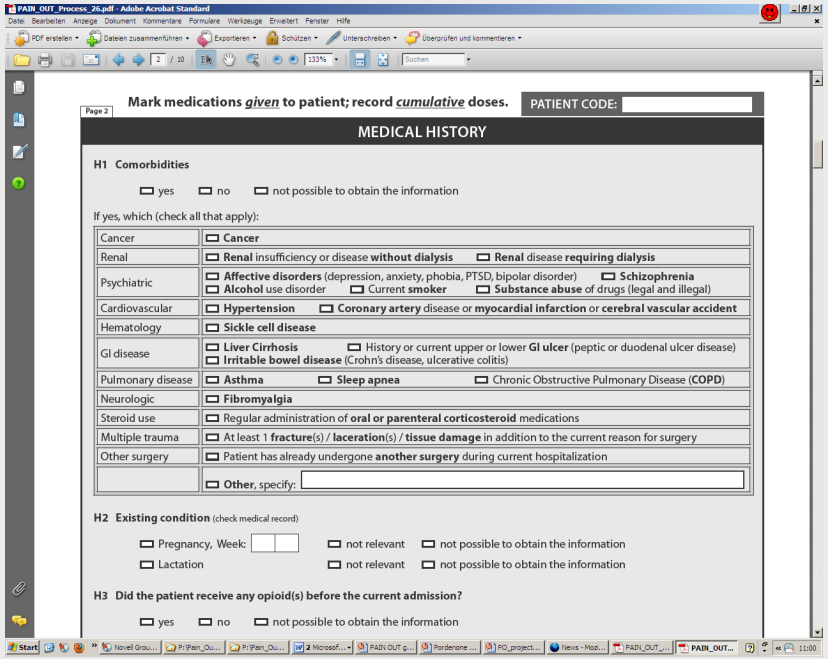
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

never in severe pain — always in severe pain

P4. Circle the one number below that best describes how much, since your surgery, **pain interfered with or prevented you from ...**

a. doing **activities in bed** such as turning, sitting up, changing position:

0	1	2	3	4	5	6	7	8	9	10



Page 2

Mark medications *given* to patient; record *cumulative* doses. PATIENT CODE:

MEDICAL HISTORY

H1 Comorbidities

☐ yes ☐ no ☐ not possible to obtain the information

If yes, which (check all that apply):

Cancer	☐ **Cancer**
Renal	☐ **Renal** insufficiency or disease **without dialysis** ☐ **Renal** disease **requiring dialysis**
Psychiatric	☐ **Affective disorders** (depression, anxiety, phobia, PTSD, bipolar disorder) ☐ **Schizophrenia** ☐ **Alcohol** use disorder ☐ Current **smoker** ☐ **Substance abuse** of drugs (legal and illegal)
Cardiovascular	☐ **Hypertension** ☐ **Coronary artery** disease or **myocardial infarction** or **cerebral vascular accident**
Hematology	☐ **Sickle cell disease**
GI disease	☐ **Liver Cirrhosis** ☐ History or current upper or lower **GI ulcer** (peptic or duodenal ulcer disease) ☐ **Irritable bowel disease** (Crohn's disease, ulcerative colitis)
Pulmonary disease	☐ **Asthma** ☐ **Sleep apnea** ☐ Chronic Obstructive Pulmonary Disease (**COPD**)
Neurologic	☐ **Fibromyalgia**
Steroid use	☐ Regular administration of **oral or parenteral corticosteroid** medications
Multiple trauma	☐ At least 1 **fracture**(s) / **laceration**(s) / **tissue damage** in addition to the current reason for surgery
Other surgery	☐ Patient has already undergone **another surgery** during current hospitalization
	☐ **Other**, specify:

H2 Existing condition (check medical record)

☐ Pregnancy, Week: ☐☐ ☐ not relevant ☐ not possible to obtain the information

☐ Lactation ☐ not relevant ☐ not possible to obtain the information

H3 Did the patient receive any opioid(s) before the current admission?

☐ yes ☐ no ☐ not possible to obtain the information

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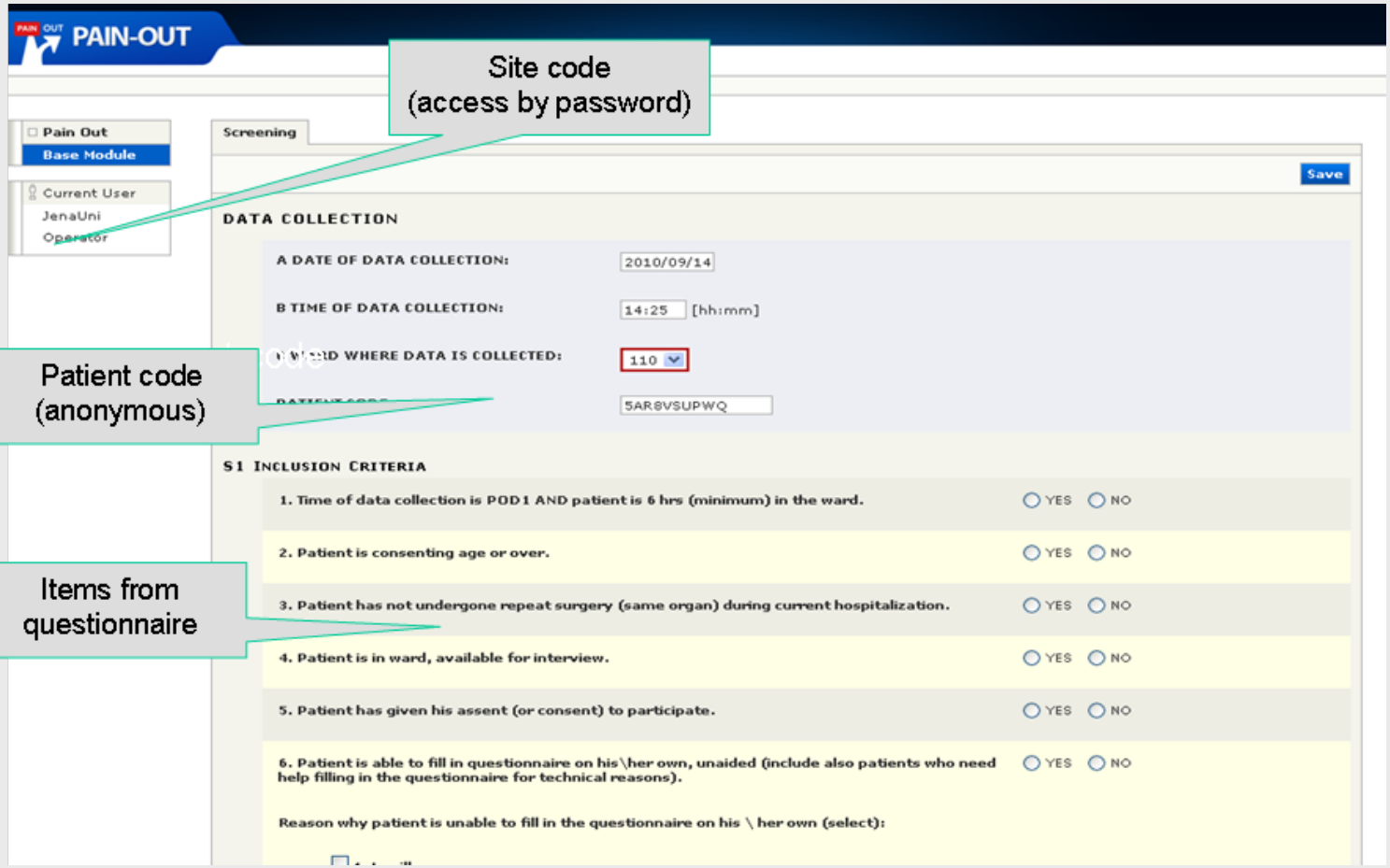
2. Inputting of data into webmask



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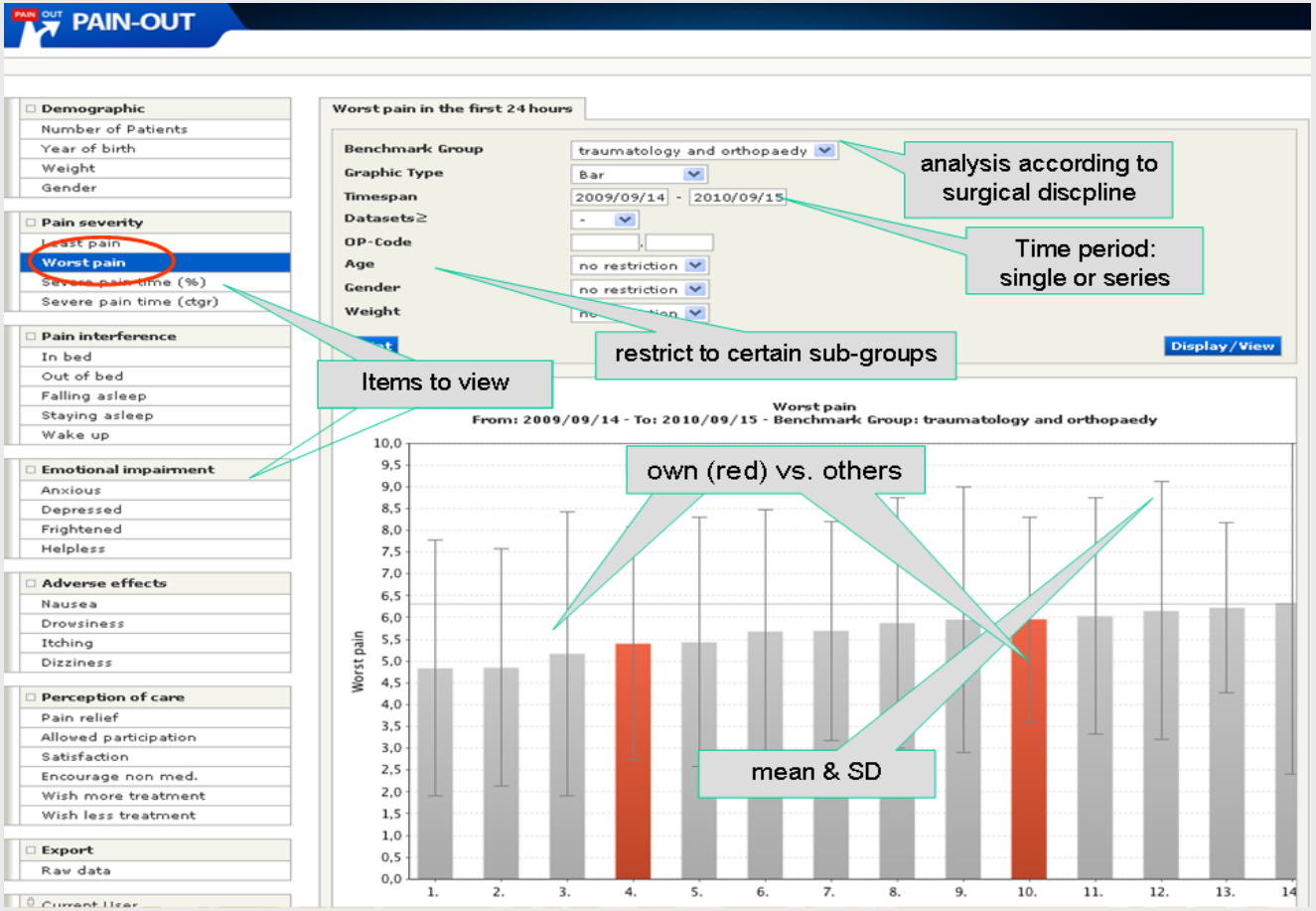
3. Online feedback of results



Requirements for participation

- Data collectors must be able to read English
- Staff resources: to get meaningful results, you should be able to collect a minimum of 20 datasets/month/ward; one dataset takes around 20 minutes
- Technical requirements: computer with internet access
- Application at local ethics committee
- Signature of PAIN OUT contract (annual fee: 2,000 €)

How to join the network?

www.pain-out.eu

or

e-mail to: pain-out@med.uni-jena.de