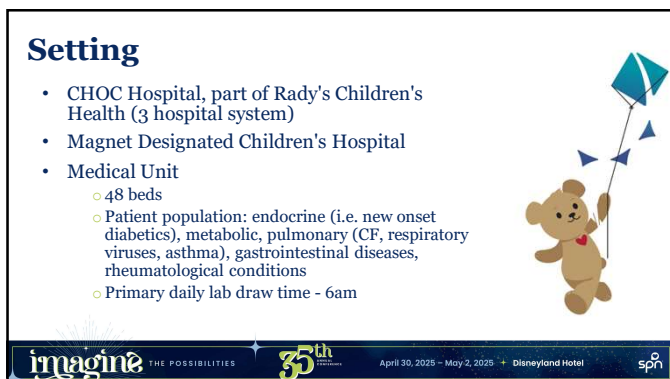




1



2



3

Objectives

- Identify the gaps in use of pain interventions during lab draws
- List the main barriers for effective use of pain management on the medical unit
- Describe education put in place for process improvement
- Describe key interdisciplinary communication changes that were implemented
- Identify outcomes from implementing workflow changes and education



4

Background / How it Started

- Child-life specialist advocate
- Inconsistent use in pain relief interventions (Girgin, et al., 2023)
- Escalation to manager
- Unit Clinical Practice Council (CPC) ownership to initiate quality improvement project using the Institute of Healthcare Improvement (IHI) methodology with PDSA cycles



(J-Tip, 2020)



(Eloquest Healthcare, n.d.)



(Gebauer Company, n.d.)



5

Problem Statement

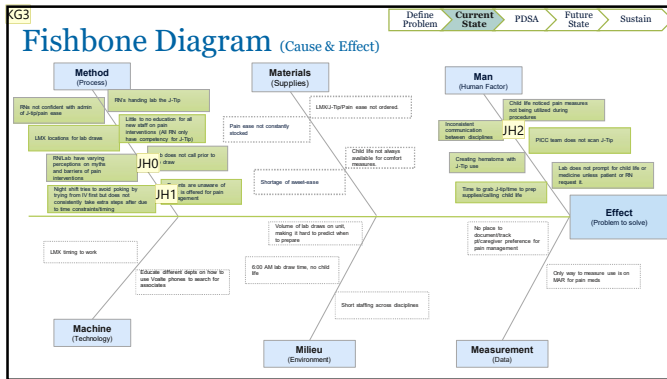
In FY22, the medical unit was not consistently using pain medications prior to IV lab draws and IV insertions, which can lead to patient trauma and undue stress (Hedén, von Essen, & Ljungman, 2019) JHO



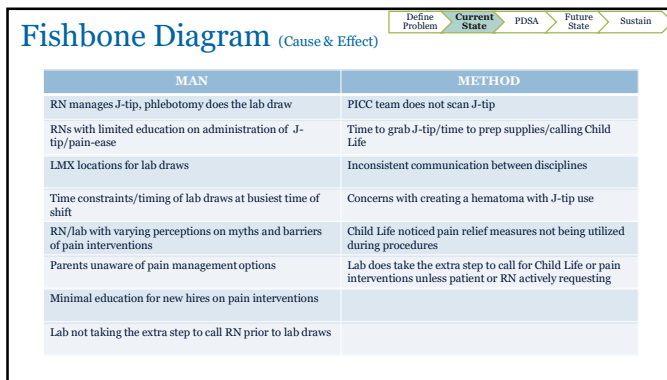
6

Slide 6

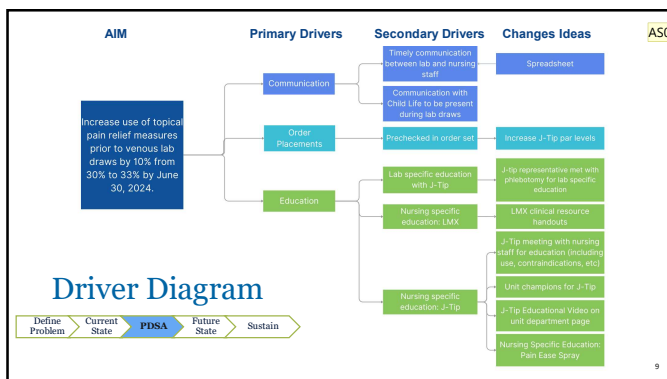
- JH0** Standardize the font used throughout the presentation
Jennifer Hayakawa, 2025-03-27T21:39:15.432
- JH1** Consider adding a slide ahead of this or after this to describe that this was a QI project and identify the methodology
Jennifer Hayakawa, 2025-03-27T21:40:26.978
- AS2** Discuss current state process
Ani Simonoff, 2025-03-28T04:27:07.335



7



8



9

Slide 7

- JH0** Consider softening some of this language "ie. RN/Lab has limited education on...."
Jennifer Hayakawa, 2025-03-27T21:16:48.692
- JH1** Here is another example, soften to "not consistently taking the extra step"
Jennifer Hayakawa, 2025-03-27T21:20:16.990
- JH2** Limited communication or inconsistent communication
Jennifer Hayakawa, 2025-03-27T21:22:06.181
- KG3** i tried to just edit it so the yellow wasn't so vibrant. not sure if this makes it easier to read / stand out with the green
Kristen Ann Gamboa, 2025-04-03T05:27:57.985
- AS3 0** I love it!
Ani Simonoff, 2025-04-03T14:41:18.284

Slide 9

- AS0** What do you think about taking out this wording..."in order to do this..." and all that. If I take that out, I can make the diagram large which will make it more readable
Ani Simonoff, 2025-04-01T22:28:56.289
- KG0 0** yeah we can totally take out the top part so the diagram can stretch bigger :) i think the top is more for our reference
Kristen Ann Gamboa, 2025-04-03T05:12:56.197
- AS0 1** ok, i adjusted the size and colors to fit better with the other charts, but also make the words readable.
Ani Simonoff, 2025-04-03T14:49:35.641
- KG0 2** i think in the initial box it says "meeting date and time" before listing the goal. i think you may have forgot to delete that part :p
Kristen Ann Gamboa, 2025-04-03T20:40:59.199
- AS0 3** fixed! and added the headings
Ani Simonoff, 2025-04-03T22:12:48.071

AS1

Medical Unit CPC Smart Goals

FY 2023: Increase the use of pain medications prior to IV lab draws from 20% to 30% by June 30, 2023.

FY 2024: Increase use of topical pain relief measures prior to venous lab draws from 30% to 33% by June 30, 2024.


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10

H1

PDSA: Education

- "Poke Plan" Education Board
- Vendor Education for J-tip
 - Uploaded J-tip video from vendor on unit department page
- Super Users
 - Designated RNs to reinforce and educate on J-tip administration in real time
- Annual Skills Fair
- Multidisciplinary Meetings and Conversations in Real-Time
- Handouts for J-tip Education
- New Hire Competency



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11

PDSA: Communication & Workflow Highlights

- Established relationship between Nursing/Phlebotomy for education across both teams
- Created Phlebotomy Request Sheet
- Addressed changes in staff meetings, via email, safety huddles, and in real time during shifts
- Improved admission history questionnaire to include pain relief preferences
- Stressed importance of communication with child life specialist with venous lab draws and IV insertions
- Increased par levels on J-tip for increased availability

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12

Slide 10

JH0 Why were these goals selected, ie are these consistent with benchmarks etc?

Jennifer Hayakawa, 2025-03-27T21:31:21.794

AS1 We did not identify benchmarks in our literature review, so we developed a goal that would be measurable and attainable

Ani Simonoff, 2025-03-28T04:31:00.301

Slide 11

JH0 Are these evidence-based interventions?

Jennifer Hayakawa, 2025-03-27T21:31:45.613

JH1 Do you have permission to use this? You need to cite it.

Jennifer Hayakawa, 2025-03-27T21:41:38.702

AS1 0 I created this hand out for the unit 😊

Ani Simonoff, 2025-03-28T04:42:17.359

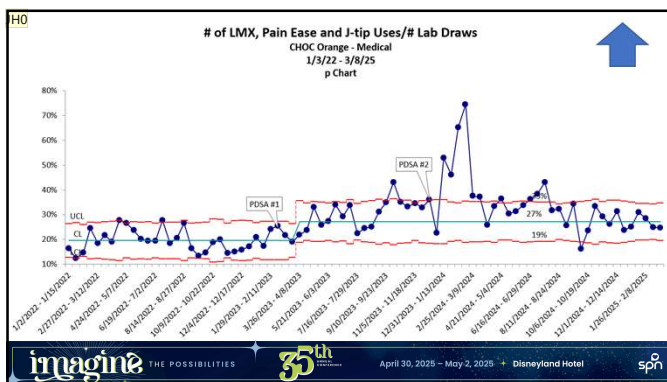
4 EAST Phlebotomy Request Sheet									
Room	PN Last Name, First Initial	RN/Code	Lab Draw		Pain Interventions				
			Yes	No	J-tip	LMX	Pain-Ease	Sweet-Ease	None
417.01									
417.02									
418.01									
418.02									
419									
420									
421									
422									
423.01									
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429									
430									
431.01									
431.02									
432.01									
432.02									

PLEASE FILE SHEET IN BINDER WHEN COMPLETE- O SHIFT

Please tube a COPY of lab sheet to phlebotomy @ 301 by 4:45AM. Indicate "NONE" when no pain intervention is needed. In the name section, write "No Lab" for patients who do not have labs.

NOTES:

13



14

Key Takeaways

- Maintained increased usage of pain relief measures
- Night shift nurses surveyed with positive result
- Verified importance of continuous education for both new and experienced staff
- Continue to follow-up on practice deviations
- Collaboration with ancillary departments

15

Slide 14

JH0 Please make sure that Brittney Anderson or Juleah Walsh review the data and how its being presented (they want to ensure a consistent approach as we learn)

Jennifer Hayakawa, 2025-03-27T21:35:56.724

H0

References

American Society for Pain Management Nursing. (2022). *Procedural Pain Management: Clinical Practice Recommendations*. <https://www.aspmn.org/docs/Position-Statement-Procedural-Pain-Management-BOD-Approved-1-27.pdf>

Eloquest Healthcare. (n.d.). *LMX4: A topical anesthetic* [Website]. Retrieved March 25, 2025, from <https://eloquesthealthcare.com/lmx4/>

Gebauer Company. (n.d.). *Pain Ease®: Instant topical anesthetic skin refrigerant* [Website]. Retrieved March 25, 2025, from <https://www.gebauer.com/painease>

Girgin, B. A., Göğ, İ., Gözen, D., Çarıkçı, F., & Kirmizibekmez, H. (2023). Effects of applications manual pressure and shotblocker to reduce needle-related pain and fear in children with type 1 diabetes mellitus. *Journal of Pediatric Nursing*, 75(2023) 84-90. <https://doi.org/10.1016/j.pedn.2023.08.024>

Hedén, L., von Essen, L., & Ljungman, G. (2019). Children's self-reports of fear and pain levels during needle procedures. *Nursing Open*, 7(1), 376-382. <https://doi.org/10.1002/nop.2709>

Institute for Healthcare Improvement. (n.d.). *How to improve with the Model for Improvement*. Retrieved April 3, 2025, from <https://www.ihi.org/newsroom/how-improve-model-improvement>

J-Tip. (2020). *J-Tip product overview* [PDF]. Retrieved March 25, 2025, from <https://jtip.com/wp-content/uploads/2020/01/J-Tip-Product-Overview.pdf>

Killian, H. J., Deacy, A., Edmundson, E., Raab, L., Schurman, J. (2024). If we know better, why don't we do better? A rapid quality improvement project to increase utilization of comfort measures to reduce pain and distress in children in a COVID-19 mass vaccination clinic. *Journal of Pediatric Nursing*, 76(2024) 993-1000. <https://doi.org/10.1016/j.pedn.2024.01.024>

Su, H., Hsieh, C., Lai, N. M., Chou, P., Lia, P., Chen, K. (2021). Using Vibrating and Cold Device for Pain Relieves in Children: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Journal of Pediatric Nursing*, 61(2021) 23-33. <https://doi.org/10.1016/j.pedn.2021.02.027>

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Slide 16

JH0 Provide in-text APA citations on the slides
Jennifer Hayakawa, 2025-03-27T21:37:13.078