

<b>Scope</b>		<b>Outcomes</b>
<b>Nurse Practitioner</b>	<ul style="list-style-type: none"> <li>Patients with pain associated with their presenting complaint</li> </ul>	Identify patients suitable for NP CPG
<b>Medical Practitioner +/- Nurse Practitioner</b>	Consider referral to GP in the following situations: Patient <ul style="list-style-type: none"> <li>currently on C-POP</li> <li>maintenance program</li> <li>Not responding to opioids or suffering adverse drug effects</li> <li>Currently on multiple pain medications</li> </ul>	Identify patients not suitable for NP CPG and redirect to GP +/- NP in team
<b>Initial Assessment and Interventions</b>		<b>Outcomes</b>
<b>History</b>	<ul style="list-style-type: none"> <li>Obtain history of presenting complaint</li> </ul>	
<b>Focussed Clinical Assessment</b>	<ul style="list-style-type: none"> <li>Assess as per protocol for presenting complaint</li> </ul>	
<b>Pain Assessment</b>	<ul style="list-style-type: none"> <li>Determine severity of pain using Pain Scale score</li> </ul>	Determine need for and type of analgesia
<b>Simple Analgesia / First Aid</b>	<ul style="list-style-type: none"> <li>RICE               <ul style="list-style-type: none"> <li>Rest</li> <li>Ice/immobilisation</li> <li>Compression</li> <li>Elevation</li> </ul> </li> <li>Administration of analgesia (see medications)</li> </ul>	Reduction/relief of pain.  Minimise / prevention swelling
<b>Medications</b>		<b>Outcomes</b>
All medications will be stored, labelled and dispensed in accordance with hospital policy and relevant legislation		
<b>Simple analgesia S2 MILD PAIN</b>	<b>ADULTS:</b> <ul style="list-style-type: none"> <li><b>Paracetamol:</b> 500mg – 1g 4-6 hourly PO/PR, not to exceed 4g in 24hr</li> </ul> OR <ul style="list-style-type: none"> <li><b>Paracetamol 500mg/Codeine 8mg</b> per tablet: 1 or 2 tablets PO 4 – 6 hourly, not to exceed 8 tablets in 24hrs.</li> </ul> AND/OR <ul style="list-style-type: none"> <li><b>Ibuprofen:</b> 400mg PO 3 – 4 times daily</li> </ul> <b>CHILDREN</b> <ul style="list-style-type: none"> <li><b>Paracetamol:</b> 15mg/kg/dose 4 hourly PO/PR up to 4 times/day. Not to exceed 4 doses in 24hrs</li> </ul> AND/OR <ul style="list-style-type: none"> <li><b>Ibuprofen:</b> 10mg/kg PO 3 – 4 times daily to maximum of 600mg in 24hrs</li> </ul> OR <ul style="list-style-type: none"> <li><b>Painstop Day:</b> 0.6 – 0.8ml/kg PO 4 – 6 hourly. Not to exceed 4 doses in 24hrs. Total daily maximum of paracetamol 60mg/kg/24hrs .</li> </ul>	Patients given analgesia appropriate to allergies, current medications and past medical history

<p><b>MODERATE PAIN S2 – S4</b></p>	<p>On initial assessment of moderate pain or failure to relieve mild pain:</p> <p><u>ADULTS:</u></p> <ul style="list-style-type: none"> <li>• <b>Paracetamol 500mg/Codeine 30mg</b> per tablet: 1 or 2 tablets PO 4 – 6 hourly, not to exceed 8 tablets in 24hrs</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• <b>Ibuprofen 400mg/Codeine</b> PO 3 – 4 times daily</li> </ul> <p><u>CHILDREN</u></p> <ul style="list-style-type: none"> <li>• <b>Ibuprofen:</b> 10mg/kg PO 3 – 4 times daily to maximum of 600mg in 24hrs</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• <b>Painstop Night:</b> 6 – 8 hourly PO: Max 3 doses in 24hrs Age: 2yrs: 4-5ml; 3-4yrs: 6-7ml; 5-6yrs: 7- 8ml; 7-8yrs: 9-10ml</li> </ul> <p><b>CAUTION: PAINSTOP NIGHT</b> When dosing at maximum level of paracetamol: dose will deliver a larger than recommended promethazine dose and may give a higher than necessary codeine dose leading to an increase in sedation</p> <p>If NSAIDS contraindicated:</p> <ul style="list-style-type: none"> <li>• <b>Tramadol (adults and children&gt;12yrs)</b> <ul style="list-style-type: none"> <li>○ Oral: 50-100mg QID, maximum 400mg over 24hrs</li> </ul> </li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>○ IM: 50-100mg QID, maximum 600mg over 24hrs</li> </ul> <p><b>Special Note:</b> TRAMADOL:</p> <ul style="list-style-type: none"> <li>• Contraindicated in epilepsy and SSRI use.</li> <li>• Caution must be used in the elderly – maximum dose 300mg daily</li> </ul>	<p>Analgesia requirements are determined by ongoing assessment of pain and the provision of adequate analgesia</p>
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<p><b>SEVERE – reassess</b></p> <p><b>Narcotic Analgesia S8</b></p>	<p>If still in pain consider: <u>ADULTS (only)</u></p> <ul style="list-style-type: none"> <li>• <b>Morphine:</b> IM: 5 – 10mg single dose</li> </ul> <p><u>CHILDREN</u></p> <ul style="list-style-type: none"> <li>• <b>Morphine:</b> IM: 0.2mg/kg single dose</li> </ul> <p><b>Currently NP’s require medical prescription for S8 medications</b></p>	<p>Patients with excessive pain or pain unrelieved by analgesia → review by GP</p>
<p><b>Anti-emetic PRN S4</b></p>	<p>Consider need for:</p> <ul style="list-style-type: none"> <li>• <b>Metoclopramide hydrochloride:</b> PO/IM/IV <ul style="list-style-type: none"> <li>○ Adult &gt; 60kg: 10mg 3 times per day</li> <li>○ 30-59kg: 5mg 3 times per day</li> <li>○ 20-29kg: 2.5mg 3 times per day</li> <li>○ 15-19kg: 2mg 2-3 times per day</li> <li>○ 10-14kg: 1mg 2-3 times per day</li> <li>○ &lt;10kg: 0.1mg/kg (maximum 1mg) twice daily</li> </ul> </li> </ul> <p>Total daily dose should not normally exceed 0.5mg/kg, especially in children and young adults.</p> <ul style="list-style-type: none"> <li>• <b>Prochlorperazine:</b></li> </ul> <p><u>ADULT</u></p> <ul style="list-style-type: none"> <li>• Oral - Initially 20mg, then 10mg 2 hours later; if still needed, 5-10mg 3 times daily</li> <li>• IM/IV – 12.5mg 8 hourly as needed</li> <li>• Rectal – 25mg followed by oral medication (if possible) 6 hours later</li> </ul> <p><u>CHILDREN &gt; 2YRS</u></p> <p>Oral – 250micrograms/kg 2-3 times daily</p>	
<b>Patient Education</b>		
<p><b>Medication instructions</b></p>	<ul style="list-style-type: none"> <li>• Verbal instructions from NP</li> <li>• Written information from NP/GP</li> </ul>	
<b>Key Terms</b>		
<p><b>NP</b> – Nurse Practitioner <b>S2–S4; S8</b> – Schedule of the drug administration act</p>	<p><b>CPG</b> – Clinical Practice Guideline <b>GP</b> – General Practitioner <b>C-POP</b> – Community Program for Opioid Pharmacotherapy</p>	



**Nurse Practitioner  
CLINICAL PRACTICE GUIDELINE  
Analgesia**

**References and existing CPG's**

Naturaliste Medical Group Nurse Practitioner Clinical Practice Guideline: Analgesia

**Authorship and Endorsement**

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