

Day Surgery Stage 1 Recovery – Adult Pain Guideline

Patient Admitted to Recovery Stage 1 Anaesthetist handover.

Perform Parameters as per protocol.

Pain Assessment (Every 5 min)

- 1) Obtain a pain score (0 to 10) "If 0 is no pain at all and 10 is the worst pain you can imagine, what is your pain score right now?"
- 2) If pain score cannot be obtained, then try with a verbal response scale

"How severe is your pain?"	"Kemm hu qawwi l-ugiegh?"	Score
A) Mild	A) Mhux qawwi	2 - 3
B) Moderate	B) Moderat	4 - 5
C) Severe	C) Qawwi	6 - 7
D) Extreme	D) Qawwi mmens	7+
- 3) Call anaesthetist if in doubt or, if not even a verbal response scale can be used.

Pain Score 0 - 3

Pain Score 0 - 2

Monitor patient till fit for discharge

Obtain Anaesthetist sign off and transfer to Stage 2 Recovery

Minimum stay 20min

Pain Score 4 - 6

Step 1
Paracetamol 1g IV
(If prescribed)

- 1) Ask patient if he wants analgesia
- 2) Check that paracetamol was prescribed
- 3) Check if paracetamol was already given
- 4) If not given in past 6Hrs, then give 1g IV

Step 2
Diclofenac 75mg IV
(If prescribed, in at least 100mls 0.9% saline + 0.5mls 8.4% bicarbonate over 15 min)

- 1) Ask patient if he wants analgesia
- 2) Check that diclofenac was prescribed
- 3) Check if diclofenac was already given
- 4) If not given, then give 75mg IV

Wait for 20min (unless pain score 7 or worse), and if pain score is 4 or more go to Step 3

Pain Score 7 or above

Step 3
Opioid
(Give 1st dose of opioid, then do Step 1 and Step 2, unless already done so)

- 1) Check that opiate prescribed AND
 - 1) AVPU
 - 2) Resp rate > 10
 - 3) Systolic > 100
 - 4) HR > 50
- 2) - Inform anaesthetist and give Fentanyl 25mcg IV (Max dose 100mcg) OR Pethidine 25mg IV (Max dose 100mg)
- 3) - Check pain score after 5min
- If 4 or higher, repeat dose of opiate, unless maximum dose has been reached.
- Inform anaesthetist if not responding to analgesia.

Pain Assessment (Every 5 min)

If pain score 3 or less

Has been in recovery for at least 20 min (and 20 min since last opioid given in recovery) and is stable

Obtain Anaesthetist sign off and transfer to Stage 2 Recovery

Patient Admitted to Recovery Stage 2

Day Surgery Stage 2 (DSU) Recovery Adult Pain Guideline



Perform Parameters as per protocol

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Pain Assessment (Every 30 min)

- 1) Obtain a pain score (0 to 10) "If 0 is no pain at all and 10 is the worst pain you can imagine, what is your pain score right now?"
- 2) If pain score cannot be obtained, then try with a verbal response scale "How severe is your pain?" "Kemm hu qawwi l-ugjegħ?"

Score	Verbal Response
2 - 3	A) Mhux qawwi
4 - 5	B) Moderat
6 - 7	C) Qawwi
7+	D) Qawwi mmens
- 3) Call **Foundation doctor** if in doubt or, if not even a verbal response scale can be used.

Able to assess pain

N

Check wound site. Call Foundation doctor to assess patient

Pain Score 4 or above

Y

Step 1
Paracetamol 1g IV
(If prescribed)

- 1) Ask patient if he wants analgesia
- 2) Check that paracetamol was prescribed
- 3) Check if paracetamol **was already given**
- 4) If not given in past 6Hrs, then give **1g IV**

Step 2
Diclofenac 75mg IV
(If prescribed, in at least 100mls 0.9% saline + 0.5mls 8.4% bicarbonate over 15 min)

- 1) Ask patient if he wants analgesia
- 2) Check that diclofenac was prescribed
- 3) Check if diclofenac **was already given**
- 4) If not given, then give **75mg IV**

Wait for **20min (unless pain score is 7 or worse)** after **Step 1 and 2**, and if pain score is **4 or more** go to **Step 3**

Pain Assessment (Every 30 min)

Step 3
Codeine 30mg PO
(If prescribed)

(Do Step 1 and Step 2, unless already done so)

Do NOT repeat codeine if given in the last 4 Hr

- 1) Check that Codeine is prescribed AND
 - 1) **AVPU**
 - 2) Resp rate > 10
 - 3) Systolic > 100
 - 4) HR > 50
 - 5) Wound site OK
- 2) **Give Codeine 30mg PO if can tolerate a sip of water (Call FY doctor if codeine not prescribed, or unable to swallow)**
- 3) **1) Check pain score and parameters after 30 min**
2) If pain score 4 or higher then call FY doctor

If pain score 3 or less

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Fullfills all discharge criteria

Discharge patient according to protocol