

# Establishing a Robust Pain Management Initiative Within Your Hospital

## Welcome!

- All lines are muted, so please ask your questions in Q&A
- For technical issues, chat to the 'Technical Support' Panelist
- Please actively participate in polling questions that pop up on the lower right-hand side of your screen

## We will get started shortly!

# Establishing a Robust Pain Management Initiative Within Your Hospital

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Presented by: Phyllis Hendry, MD, FAAP, FACEP

University of Florida College of Medicine

Brittany Johnson, PharmD, CPh

UF Health Jacksonville

# Collaborating to Support Your Quality Improvement Efforts



- Healthcentric Advisors ■ Qlarant
- Kentucky Hospital Association
- Q3 Health Innovation Partners
- Superior Health Quality Alliance



ALASKA STATE HOSPITAL & NURSING HOME ASSOCIATION



The Quality Improvement Services Group of  
ALLIANT HEALTH SOLUTIONS

HQIC  
Hospital Quality Improvement Contractors  
CENTERS FOR MEDICARE & MEDICAID SERVICES  
QUALITY IMPROVEMENT & INNOVATION GROUP

# Featured Speakers

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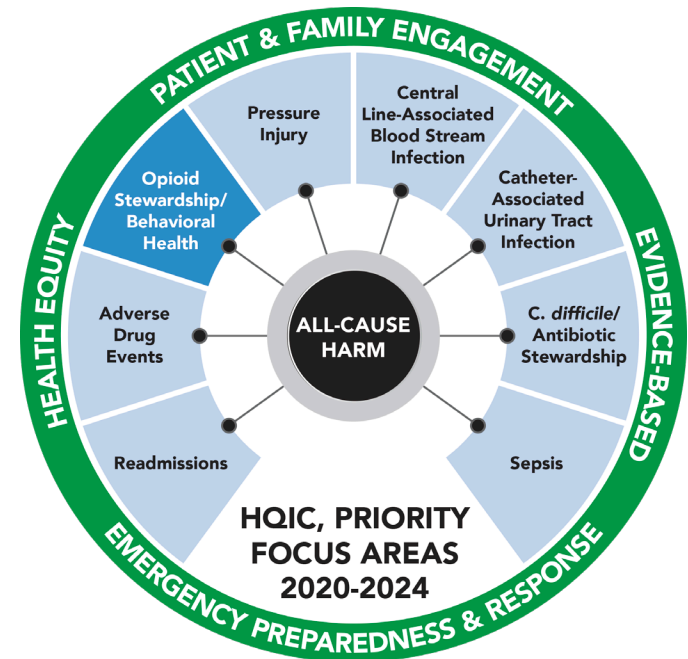
Phyllis Hendry, MD, FAAP, FACEP  
Professor of Emergency Medicine and  
Pediatrics  
University of Florida College of Medicine



Brittany Johnson, PharmD, CPh  
Pain and Palliative Care Stewardship  
Pharmacist  
UF Health Jacksonville

# Learning Objectives

- **Learn Today:**
  - Identify key hospital staff to build an engaged network of pain management champions
  - Describe PAMI patient education resources suitable for a variety of care settings
  - Understand the key components to developing a patient discharge toolkit



7/27/2021



## Pain Assessment and Management Initiative

*Advancing innovation and safety in pain education, patient care and research*

### HQIC LAN Presentation

Website:

[pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)

Team Email: [Pami@jax.ufl.edu](mailto:Pami@jax.ufl.edu)

**UF** | Department of Emergency Medicine  
College of Medicine – Jacksonville  
UNIVERSITY of FLORIDA

# Today's Agenda

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- Introduction to the Pain Assessment and Management (PAMI)
- Overview of PAMI free-access resources on pain management
- Newly established PAMI sub-projects:
  - PAMI pain coach/educator project overview
  - PAMI ED-ALT project overview
  - AI-PAMI project overview
- Collaboration with UF Health Jacksonville through the Pain and Opioid Stewardship Taskforce
- Q&A

# Our Setting and Background

Two very different sites



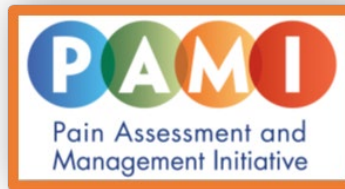
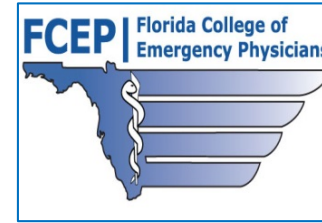
# PAMI Background

Established in 2014 by Drs. Phyllis Hendry and Sophia Sheikh



- Housed in the University of Florida College of Medicine Jacksonville Division of Emergency Medicine Research
- Initial intent was to improve pain management in Emergency Medicine
- Now includes a multidisciplinary team from emergency medicine, pharmacy, pain medicine, physical therapy, trauma, nursing, information technology, toxicology, UF Center for Data Solutions and more!

# Past and Present PAMI Stakeholders/Collaborators



## PAMI 3.0 Team



Phyllis Hendry, MD, FAAP, FACEP  
Principal Investigator  
Associate Chair of Research  
Professor of Emergency Medicine  
and Pediatrics



Sophia Sheikh, MD, FACEP  
Principal Investigator  
Associate Professor of Emergency  
Medicine  
JAX ASCENT Scholar



Jennifer Fishe, MD, FAAP  
Co-Investigator  
Assistant Professor of Emergency  
Medicine (KL2, K23 scholar)  
Director, Center for Data Solutions



Roger Fillingim, PhD  
Co-Investigator  
Director of PRICE, Pain Psychologist



Monika Patel, MD  
PMR and Pain Specialist  
Chair, POST committee



Morgan Henson, MPH, CPH, CCRP,  
CPT  
Clinical Research Manager



Michelle Lott, BSH, CRC  
IRB and CME Research Coordinator



Taylor Munson, BSH, CPT  
Research Coordinator II



Jessica Lane, MBA, CPT  
Research Administration Manager

## PAMI 3.0 Team



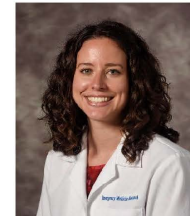
Robin Moorman-Li, PharmD  
Chronic Pain Pharmacist  
Certified Pain Coach  
Clinical Associate Professor, UF COP



Brittany Johnson, PharmD  
UF Health Jacksonville Pain & Opioid  
Stewardship and Palliative Care  
Pharmacist



Hannah Scholten, PT, DPT, Cert. MDT  
Clinical Supervisor – Wildlight  
Rehabilitative Services



Magda Schmitzberger, MPH, CPH  
PAMI ED-ALT Co-Project Director  
Project Manager II



Douglas Suffield, DACM,  
MaCOM, Dipl.OM, L.Ac  
Pain Education Specialist (Coach)



Jake Broadhurst, PT, DPT  
ED Physical Therapist



Jennifer Brailsford, PhD  
Epidemiology Analyst III



Natalie Spindle, MS, CHES®  
PAMI & Florida Blue Health Educator  
and Communication Specialist



Brian Yorkgitis, DO  
Assistant Professor and  
Associate Director, TraumaOne Flight  
Operations



Cara Rotman, BSND RT, CPT  
OPS Research Coordinator



Amii Kennedy  
Executive Assistant



Esteban Velasquez, BSH, CPT, EMT  
Research Coordinator I

# PAMI website:

## [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)

- Free resources for patients and providers
  - After discharge patient education
  - Educational videos and presentations
  - Non-pharmacologic pain therapy resources
  - Educational modules related to pain assessment & management (providers)
    - CEUs phased out
    - Presentations available




# Overview of Resources

- Pain Management and Dosing Guide
- Discharge Planning Toolkit for Pain
- Patient Educational Videos
- Non-pharmacologic & Distraction Toolkit/Toolbox
- Communication cards in Spanish and Creole with pain terms
- [pami.emergency.med.jax.ufl.edu/resources](http://pami.emergency.med.jax.ufl.edu/resources)


## PAMI Educational Materials and Free Resources

### Pain Assessment and Management Initiative



[pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)


### Pain Management and Dosing Guide



Pharmacologic and non-pharmacologic management of acute and chronic pain in children and adults

- Stepwise approach to pain management
- Non-opioids, opioids, ketamine and equianalgesic
- Oral, nasal, parenteral & topical medications
- Non-pharmacologic interventions

### Discharge Planning Toolkit for Pain




A comprehensive discharge toolkit containing:

- Discharge Algorithm for Pain
- Pain Risk Factors Assessment
- Educational videos
- Educational handouts
- 4 Flat tires car analogy from ACPA

*Adapt the toolkit to your own needs!*

### Non-pharmacologic Toolkit



A non-pharmacologic and distraction focused toolkit

- Course videos
- Suggested toolbox components
- Apps and resources
- Educational handouts

### Patient Educational Videos

**Pain Medication Safety**

**Additional Therapies**

**Believing Back Pain**


**Managing Chronic Pain**

Phone: 904-244-4986 Email: [pami@jax.ufl.edu](mailto:pami@jax.ufl.edu)

[Facebook.com/ufoami](https://www.facebook.com/ufoami) [LinkedIn.com/company/ufoami](https://www.linkedin.com/company/ufoami)


### Virtual Reality (VR)

VR has proven to be effective in reducing pain and anxiety during procedures, burn or wound management, in labor & delivery and more.



### Communication Cards

Assist EMS, ED, hospital and other health care providers in communicating with nonverbal or non-English speaking patients and families. *Available in English, Spanish and Creole!*



April 2021

# Pain Management & Dosing Guide

**PAMI™**  
Pain Assessment and Management Initiative  
[pami.emergency.med.jax.ufl.edu/](http://pami.emergency.med.jax.ufl.edu/)  
November 2020

**Pain Management and Dosing Guide Includes:**

- Stepwise Approach to Pain Management and Procedural Sedation
- Non-opioid Analgesics, Opioid Prescribing and Equianalgesic Chart, and Opioid Cross-Sensitivities
- Intranasal and Nebulized Medications
- Procedural Sedation and Analgesia (PSA) Medications
- Pain Management, Discharge and Patient Safety Considerations
- Nerve Blocks, Neuropathic and Muscle Relaxer Medications
- Ketamine Indications and Dosing
- Topical and Transdermal Medications
- Nonpharmacologic and other Interventions

Take a video tour of the dosing guide!

**Pain Management & Dosing Guide™**  
\*See disclaimer: Doses and opioid conversions cannot account for differences in genetics and pharmacokinetics.

**7. Monitoring & Discharge Checkpoint**  
Joint Commission standards, facility policies, reassessments, and discharge planning.

**6. Management Checkpoint**  
Choose your "ingredients" for pharmacologic and nonpharmacologic multimodal "recipe."

**5. Patient Assessment Checkpoint**  
Review patient's risk factors and history.

**4. Facility Checkpoint**  
Type of staffing and setting, team experience, patient volume, etc.

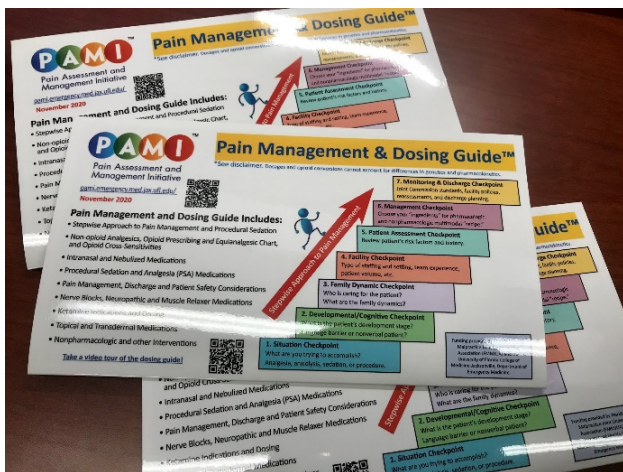
**3. Family Dynamic Checkpoint**  
Who is caring for the patient? What are the family dynamics?

**2. Developmental/Cognitive Checkpoint**  
What is the patient's development stage? Language barrier or nonverbal patient?

**1. Situation Checkpoint**  
What are you trying to accomplish? Analgesia, anxiolysis, sedation, or procedure.

Funding provided by Florida Medical Association (FMA) and the University of Florida College of Medicine Jacksonville, Department of Emergency Medicine.

- Stepwise Approach
- Adult and pediatric dosing
- Non-opioid Analgesics
- Opioid Prescribing, Equianalgesic Chart and Cross-Sensitivities
- Intranasal and Nebulized Medications
- Procedural Sedation and Analgesia (PSA)
- Discharge and Patient Safety Considerations
- Nerve Blocks and Muscle Relaxers
- Ketamine Indications and Dosing
- Topical and Transdermal Medications
- Non-pharmacologic Interventions

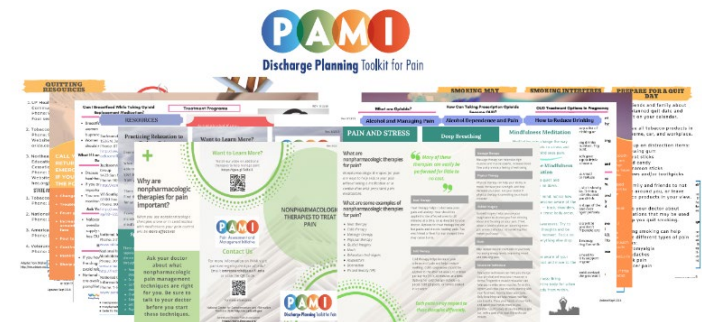
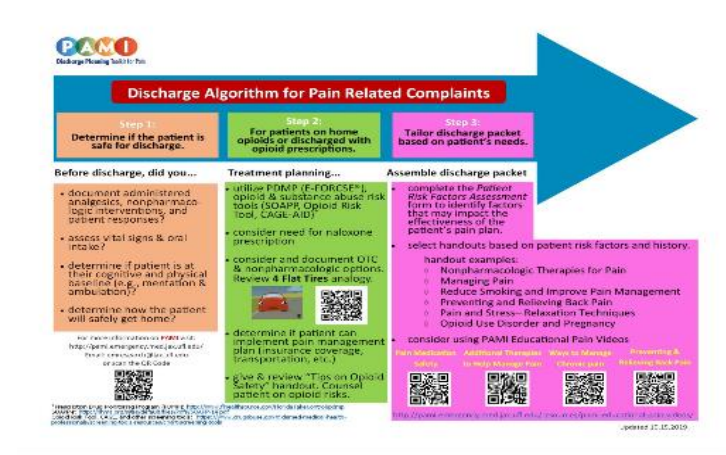




# Discharge Planning Toolkit for Pain

[pami.emergency.med.jax.ufl.edu/resources/discharge-planning](http://pami.emergency.med.jax.ufl.edu/resources/discharge-planning)

- Algorithm
  - Safe practices
  - Screening for opioid use disorders
  - Identification of pain “risk factors”
- Patient discharge brochures and videos
  - Tips for managing pain at home without opioids
  - 17 brochures
  - Can be inserted into hospital EMR as a dot phrase for providers to print upon patient discharge



# Patient Education Videos



PAMI patient-friendly pain education videos for use at discharge or any time for patients to access online:

- [Additional Therapies to Help Manage Pain:](#) Non-pharmacologic and alternative therapies for pain management
- [Pain Medication Safety:](#) Useful information and tips on taking pain medication safely
- [Preventing and Relieving Back Pain:](#) Tips and exercises to manage back pain
- [Ways to Manage Chronic Pain:](#) Helpful tips on managing chronic pain





Established in 2014

## Pain Assessment and Management Initiative

*Advancing innovation and safety in pain education, patient care and research*

### PAMI 3.0

**Funding:**

- Florida Medical Malpractice Joint Underwriting Association
- University of Florida College of Medicine – Jacksonville Department of Emergency Medicine

**FOCUS:** HEALTHCARE PROVIDERS & PATIENTS, ACUTE & CHRONIC PAIN, ADULTS & PEDIATRIC, PHARMACOLOGIC & NON-PHARMACOLOGIC

- DOSING GUIDE
- EDUCATION
- RESEARCH
- FREE ACCESS MATERIALS ON PHARMACOLOGIC AND NON-PHARMACOLOGIC PAIN MANAGEMENT

### AI-PAMI

**Funding:** Florida Blue Foundation

**FOCUS:** PATIENTS/CAREGIVERS AGES 50+ AND HEALTHCARE PROVIDERS

- FOCUS GROUPS
- EDUCATION LIBRARY AND LIVE WEBINAR EVENTS

### PAMI ED-ALT

**Funding:** Substance Abuse and Mental Health Services Administration

**FOCUS:** UFH JAX ED PATIENTS, CLINICIANS/STAFF

**PAIN TYPE:** RENAL COLIC, MUSCULOSKELETAL PAIN, ACUTE & CHRONIC LOW BACK PAIN, HEADACHE/MIGRAINE

- EMR PANELS
- EDUCATION
- PAIN COACHING
- DISCHARGE TOOLKITS

### PAMI POST-ED

**Funding:** Florida Department of Health

**FOCUS:** PAIN PATIENTS AT UFH JAX

- EDUCATION
- PAIN COACHING
- DISCHARGE TOOLKITS

# The Seed that Planted the Idea for a Pain Education and Coaching Service

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- Unanticipated opportunity for funding from a CDC Overdose Data to Action (OD2A) grant
  - 10 day turnaround
  - During COVID
- Contacted pain pharmacists, COP, nursing, physicians, PT, POST, etc.
  - What is the one thing that would help you and your patients?
  - “Time to educate, pain education, to learn more about nonpharmacologic integrative methods, access to integrative pain management for patients, ...”



# Our Challenge

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- How to fill this education gap for patients and providers
  - COVID restrictions
  - Across multiple specialties
  - Burn out, ↑stress, ↑need to churn and earn, nursing shortages, etc.
- How to create a model pain educator or coach program that works across disciplines
  - Name
  - Structure
  - Nonpharmacologic methods to highlight or suggest

# The Impact of COVID-19 on Pain Management

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- CDC and our local data shows a rapid increase of overdoses and opioid related deaths since the beginning of the COVID-19 pandemic.
- The COVID-19 pandemic resulted in a variety of new pain problems:
  - Significant increase in inactivity due to lockdowns/quarantine resulting in deconditioning, impacting those relying PT, yoga or other programs as part of their pain management regimen.
  - The onset or exacerbation of mental health conditions, including anxiety, depression, post-traumatic stress disorder, and alcohol dependence disorder
  - Growing evidence that COVID-19 infection is associated with myalgia, referred pain, and widespread hyperalgesia (cytokine storm, limited rehabilitation after hospital discharge, etc.)

# PAMI POST-Ed



Funding: Health Planning Council of Northeast Florida (via CDC & FL DOH OD2A grant)

POST-Ed will establish a pain and opioid stewardship education program to implement bedside education for pain patients.

## Objectives:

1. Create and implement a model for a pain and opioid stewardship education program and coach
2. Develop and implement a pilot patient pain and opioid stewardship (POST) toolkit



# PAMI Pain Coach Pilot Project

## Educates patients on non-pharmacologic and non-opioid or OTC analgesic options for pain management:

- Basic review of pain neuroscience
  - Demonstrate integrative techniques with the patient and staff
  - Importance of prevention of acute to chronic pain transition
  - Options to improve pain and quality of life
  - Provide nonpharmacologic toolkit items and educational brochures
  - Review OTC oral and topical analgesic options
  - 1st known ED pain coach in the US
- Pain Coach – Doug Suffield, DACM, MAcOM, Dipl.OM, L.Ac
  - Providers access our pain coach through an EMR order
  - Dedicated pain coach/educator pager
  - Review of patient track board for appropriate patients



# What's in the toolkit?



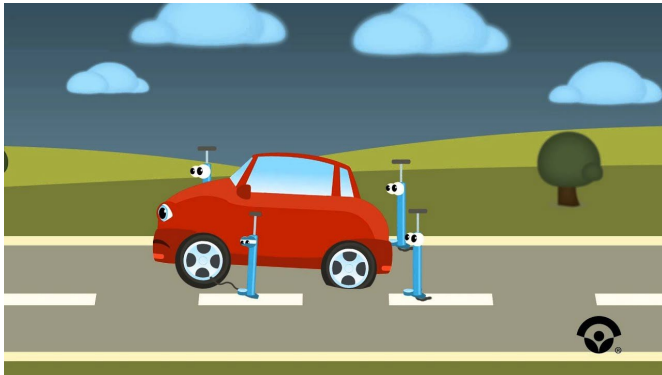
- Discharge toolkits for patients:
- Car w/ 4 flat tires stress ball & analogy
- Pain journals
- Coloring sheets
- Hand acupressure device for headache and tension pain
- Hot/Cold gel packs
- Aromatherapy inhalers
- Virtual reality cardboard viewer
- Video post card and applicable educational brochures
- Extra pain scale badge buddies, dosing guides, pens, etc.



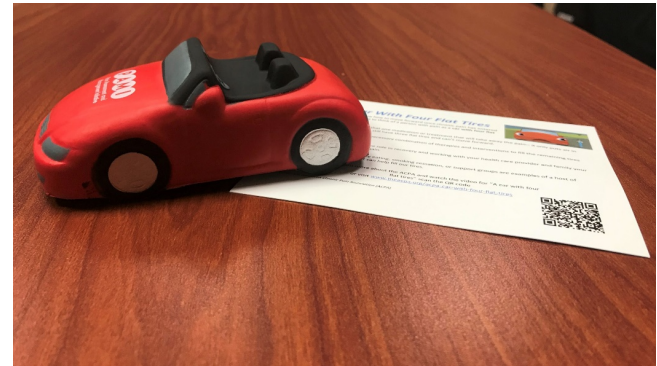
# A Car with Four Flat Tires (ACPA)

[http://www.theacpa.org/wp-content/uploads/2017/09/A-car-with-four-flat-tires\\_Transcript.pdf](http://www.theacpa.org/wp-content/uploads/2017/09/A-car-with-four-flat-tires_Transcript.pdf)

Use of pain analogy with car stress ball and handout:  
When you are in pain you are like a car with 4 flat tires. Medication only pumps up one of your tires. What will you use to pump up the other tires?



<https://www.youtube.com/watch?v=Wcr9J3MLfo&feature=youtu.be>



# Non-Pharmacologic Pain Management Analogy: Patients and Providers

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- Think of non-pharmacologic management as your “base coat” or “primer” before applying additional coats of analgesic or interventional treatments
- With the right base coat foundation, you have a better chance of painting pain symptoms with a more tolerable and long-lasting new color.



# Virtual Reality

Virtual Reality may be helpful with the following:

- Decreased pain and anxiety without medication
- Reduced drug-related side effects
- Enhanced treatment experience
- Shorter recovery times
- Increased patient satisfaction and coping
- Use with caution in migraine headaches, concussion, etc.



**Suggested FREE Virtual Reality Apps**

Ages 10 and Under	Ages 11-17	Ages 18 and Up
<p><b>VR Zoo Safari</b>-With this app you can see and enjoy many different animals. Your kids can learn the names of animals and hear their sounds.</p> <p><b>Perotto Pop-Up Book</b>-Unlike any other interactive book around. Discover the adventures of Perotto, who can't decide what he wants to be when he grows up and follow him on his journey to explore various exciting challenges and mini games along the way.</p> <p><b>Boobah</b>-Watch the most popular Virtual Reality series and movies from Eric Darnell (director of Madagascar films) and Emmy-winning Boobah studios.</p> <p><b>Tara's Locks</b>-This app is an illustrated storybook adventure set in a stunning virtual world. This unique experience inspired by picture books allows children and adults alike to step into Tara's world and meet Tara and her friends firsthand.</p> <p><b>Maze Walk VR</b>-This app takes maze solving to a whole new level by utilizing a unique movement and selection method using the accelerometer and gyroscope on your mobile device. You can physically walk in both the real and the in the virtual world simultaneously.</p>	<p><b>Google Expeditions</b>-This app is an immersive learning and teaching tool that lets you go on VR trips or explore historical landmarks, go down to the atomic level, get up close with sharks- even visit outer space.</p> <p><b>Final Kick VR</b>-Enjoy the tense moments of the penalty shoot as if you were playing in a Football final, making the most spectacular goals and saves all along with graphics that will make you feel as if you were actually in the match.</p> <p><b>Roller Coaster VR</b>-Hurtle past city skyscrapers or zoom through a tropical island setting in this enjoyable and visually appealing minigame.</p> <p><b>VR X Racer</b>-A UFO spaceship attacks our Earth- step up on a jet, fly up, and protect what belongs to us. The strategy is very difficult and dangerous.</p> <p><b>Cleanopolis VR</b>-Your mission, if you accept it, is to fight against climate change and make sure the city of Cleanopolis gets rid of its CO2 cloud. Assisted by your faithful companion named Toby, explore the 3D city and discover its districts.</p>	<p><b>Aquarium VR</b>- This interactive aquarium features sharks, clown fish and many more. Look deeper to learn more about the ethereal sea life in the Pacific ocean.</p> <p><b>Guiding Star VR</b> (Google Play Store only)- This meditation app is designed to offer the most immersive virtual reality experience. Enjoy calming music, shooting stars and a beautiful environment.</p> <p><b>VR Cities</b>- Experience beautiful places, such as Paris and Venice, as if you're really there. Use a Google Cardboard, Zeiss VR One, or other VR headset to start your journey from your own couch or swivel chair.</p> <p><b>Within VR</b>- A cinematic VR experience, which includes beautiful immersive stories - award-winning VR documentaries, animation, music videos and more.</p> <p><b>Fantastic Voyage VR</b>-This VR medical animation draws you inside the human body where you fly through a beating heart, travel through the cerebral cortex, and float up the "glass aquarium" like abdominal vein.</p>

# Aromatherapy

Aromatherapy is the use of essential oils from plants (flowers, herbs, or trees) as an integrative health approach. The essential oils are most often used by inhaling them or by applying a diluted form to the skin.

Studies have shown that aromatherapy helps:

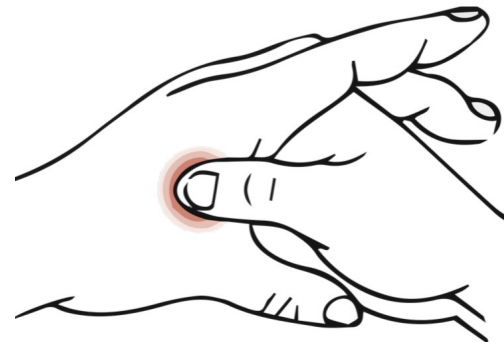
- Manage pain
- Reduce anxiety
- Calm stress
- Boost immunity
- Improve sleep quality

\*for discharge use-no existing hospital policy



# Hand Acupressure Device

- Each device is individually boxed with printed instructions. We offer child, small and regular size options
- The device uses the principles of acupoints and meridians from Traditional Chinese Medicine within the body, specifically targeting LI4
- LI4 is known in TCM to be related to headache and tension relief
- Item added after patient requests



# Pain Journals

- Small pocket journals with an accompanying label to guide patients in journaling
- Encourages patients to track symptoms, management, and daily activities
- Prompts patient to write down questions for their healthcare team



Pain Assessment and  
Management Initiative

A pain journal is a useful way to track  
your pain journey and questions!

#### Important items for you to track:

- Are you experiencing new pain or recurring pain? Is it off and on or constant?
- Is your pain limiting any of your daily activities (work, sleep, etc.)?
- What have you used to help reduce your pain (ice/heat, medication, etc.)?
- What factors do you think contribute to your pain or stress?

#### Questions to ask your healthcare team (doctor, nurse, etc.):

- Medication questions: names, when to use, dose, side effects, refills
- Questions about your disease or condition; expected length of pain
- Your home pain plan: work/school accommodations, follow-up appointments, etc.

# Toolkit Compliance and Logistics: Staying in Compliance with OIG Rules

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- Worked with university compliance and legal departments to ensure our toolkit process aligned with regulations
- In compliance with the HHS Office of the Inspector General, our team negotiated prices and toolkit options to stay under the \$15 per item/\$75 annual value limit (section 1128A(a)(5) of the Social Security Act) for our toolkits
  - <https://oig.hhs.gov/fraud/docs/alertsandbulletins/OIG-Policy-Statement-Gifts-of-Nominal-Value.pdf>
  - <https://oig.hhs.gov/fraud/docs/alertsandbulletins/SABGiftsandInducements.pdf>
- Toolkit inventory system and EMR allows usage reports and a means to monitor distribution



*Advancing innovation and safety in pain education, patient care and research*  
[pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)

## Nonpharmacologic Pain Management Discharge Toolkit & ED Supply Cart Guide

*The purpose of this cart is to provide easy ED access to materials that promote nonpharmacologic pain management for patients during their ED stay or at discharge. Nonpharmacologic methods assist in decreasing the dose or need for opioids and other pain medications and improve patient safety and comfort. Cart contents are non-billable and customized to individual patient need and care plan.*

Medicare Beneficiary Inducement rules allow for nominal gifts with a total value ≤ to \$15.00/visit (up to \$75.00 annually). The estimated value of individual patient discharge toolkits containing all cart contents are valued at ≤ \$15.00 in compliance with these rules.

### PAMI Purple Cart Contents:

- Educational Brochures (OTC and topical analgesics, exercise, back pain, etc.)
- Hot & Cold Gel Packs (see label for safety and warming instructions)
- Aromatherapy individual inhalers: Lavender- calming & Eucalyptus and Lemon Grass- invigorating (FOR HOME USE ONLY)
- Stress Ball/Car with 4 Flat Tires (Pain is like a car with 4 flat tires-Medications only “fill” one tire; integrative and non-opioid pain management interventions help “fill” the other 3 tires)
- Virtual Reality Viewers: see VR Brochure for instructions, recommended Apps and QR codes (use with iPhone, iPod, or Android device)
- Blue and Red PAMI toolkit bags

1. Input 4-digit code to unlock cart, if unknown call 904-244-4986 or charge nurse. Do not share code with non-ED Staff. Cart will automatically lock after 60 seconds. If one or more drawers are open when cart locks, drawers will not shut. If this happens, unlock the cart by entering keypad code to close all drawers. Make sure all drawers are closed and locked before leaving the cart.

2. Before giving a patient any cart items, place a patient sticker in the inventory log located in the top drawer and check selected items. This is important for inventory and reporting purposes. You can also write in the patient information. Leave the inventory log form in the cart.

3. For questions, comments or to refill cart items, call 904-244-4986 to speak to a PAMI team member or email [pami@jax.ufl.edu](mailto:pami@jax.ufl.edu).

# PAMI ED-ALT



Funding: Substance Abuse and Mental Health Services Administration

**Goal 1:** Increase ED non-opioid pain management and decrease ED opioid prescribing by implementing evidence-based non-opioid pain management order panels in the EMR

**Goal 2:** Increase knowledge and usage of non-pharmacologic pain management by ED clinicians and staff by adding EMR options for non-pharmacologic distraction pain management techniques and establish a Pain Coaching and Education Referral Service

**Goal 3:** Create and utilize an implementation-outcomes feedback loop to sustain utilization of interventions and identify barriers and enablers to widespread dissemination of our efforts

- Four common painful ED conditions (renal colic, musculoskeletal pain, headache/migraine, and low back pain)
- Order sets, discharge order sets, discharge toolkits, education
- OTC medication starter pack discharge order
- Champions: nursing, residents, PT, APPs, etc.

# PAMI ED Order Panels

- Pain order panels offer a one-stop shop for pain-related orders including pharmacologic and non-pharmacologic methods, acute and chronic pain with particular focus on renal colic, musculoskeletal pain, back pain, and headache/migraine.
- Contain links to videos and information for procedures (e.g., ketamine administration, trigger point injections, nerve blocks, bursa injections)
- Can be found EPIC ED Quick List or by searching for "PAMI"

**Manage Orders**

**Order Sets**

Suggested (14)

- Acute Stroke Orders - tenecteplase (ADULT)
- DKA and HHS treatment/insulin infusion - Adult
- Extended Window (4.5 - 9 hours) Ac
- Insulin Subcutaneous Orders - Adults
- JX / JN - Sepsis Alert Initiation Order
- PEDS RESUS GENERAL (SH ED JX)
- RESUS GENERAL (SH ED JX)
- RESUS SHORT OF BREATH (SH ED JX)
- RESUS STROKE (SH ED JX)
- RESUS STROKE (SH ED JX)
- TRAUMA IN TRAUMA BAY (SH ED JX)
- VTE orders
- Chest Pain Adult

**POCT**

- ☐ POCT glucose
- ☐ POCT urinalysis w/o Microscopy auto
- ☐ POCT urine pregnancy
- ☐ POCT TROPIN I
- ☐ POCT Lactic Acid - (Resp Auto Page)
- ☐ POCT Creatinine

**Medications (Adult Doses Only)**

- ☐ 0.9% NaCl
- ☐ aspirin 325mg tablet
- ☐ nitroglycerin (NITROSTAT) SL tablet
- ☐ acetaminophen (TYLENOL) tablet
- ☐ ibuprofen (ADIVILMOTRIN) tablet
- ☐ HYDROcodone-acetaminophen (NORCO) 5-325 MG per tablet
- ☐ morphine injection

**Imaging**

- ☐ XR Chest Single View
- ☐ XR Chest 2 Views Frontal & Lateral
- ☐ XR Abdomen Complete w Chest
- ☐ XR T Spine AP/LAT
- ☐ XR L Spine 2 or 3 Views
- ☐ CT Head w/o Con
- ☐ CT C Spine w/o Con
- ☐ CTA Chest w/o Con

**PAMI**

**Order Sets & Panels**

Name

- PAMI RENAL COLIC - ADULT**
- PAMI MUSCULOSKELETAL PAIN (SPRAINS, STRAINS, OR OPIATE)
- PAMI HEADACHE/MIGRAINE - ADULT
- PAMI MUSCULOSKELETAL PAIN (SPRAINS, STRAINS, OR OPIATE)
- PAMI ACUTE ON CHRONIC RADICULAR LBP (OPIATE TOLERANT)
- PAMI ACUTE ON CHRONIC RADICULAR LBP (OPIATE TOLERANT)
- PAMI HEADACHE/MIGRAINE - PEDS

**PAMI Musculoskeletal Pain (sprains, strains, or opiate naive lower back pain) - Adult**

Routine, ONCE for 1 occurrence

☒ Moderate to Severe Pain (in addition to mild to moderate options above)

☒ Ketamine

Information about atomizer for IN administration

- ☐ ketamine (KETALAR) in 0.9 % NaCl 100 mL IVPB - 0.15 mg/kg IV ONCE (short infusion) 0.15 mg/kg, intravenous, ONCE
- ☐ ketamine (KETALAR) in 0.9 % NaCl 100 mL IVPB - 0.3 mg/kg IV ONCE (short infusion) 0.3 mg/kg, intravenous, ONCE
- ☐ ketamine (KETALAR) in 0.9 % NaCl 500 mL infusion - 1 mcg/kg/min IV ONCE (long infusion in ED > 1 hour) 1 mcg/kg/min, intravenous, ONCE
- ☐ ketamine (KETALAR) injection - 1 mg/kg IN ONCE 1 mg/kg, Nasal, ONCE NOW

☒ Opioids

Refer to PAMI Pain Management & Dosing Guide for opioid selection guidance. Consider patient's op

**PAMI Pain Management & Dosing Guide**

☒ Oral Opioids

- ☐ morphine (MSIR) tablet - 15 mg PO ONCE 15 mg, Oral, ONCE NOW
- ☐ HYDROcodone-acetaminophen (NORCO) 5-325 MG tablet - 1 tab PO ONCE

- ☒ Local anesthetics for procedures
- Videos for Procedures
- ☐ lidocaine (PF) (XYLOCAINE) 1% injection - 2 mL ONCE 2 mL, Other, ONCE NOW
  - ☐ lidocaine (XYLOCAINE) 2% injection - 2 mL ONCE 2 mL, Other, ONCE NOW
  - ☐ bupivacaine (MARCAINE) 0.25% injection - 2 mL ONCE 2 mL, Other, ONCE NOW
  - ☐ bupivacaine (PF) (MARCAINE) 0.5 % injection - 2 mL ONCE 2 mL, Other, ONCE NOW

# ED Patient OTC Discharge Order Panel

- Acetaminophen (tablet and liquid options)
- Ibuprofen
- OTC 4% lidocaine patches
- Diclofenac gel

For main downtown ED/TC patients at time of discharge

- Unfunded
- New severe pain condition
- Limited mobility
- Other constraints limiting access to OTC analgesics.



Pharmacy aisles can be very overwhelming!



## AI-PAMI



Funding: Florida Blue Foundation

AI-PAMI encompasses community outreach, education and research.

The overall goal is the advancement of innovative pain education and patient care through the development of provider and patient/caregiver workshops focused on multimodal and integrative pain management for adults ages 50 and older.

## Integrative and non-opioid pain management education for Older Adults, Caregivers, and Providers



**Aging with Pain Series for Older Adults and Caregivers**



**Integrative Pain Management Series for Health Care Providers**

Visit the Aging With Pain web tab to view:

- Upcoming live webinars
- Recorded presentations you can access 24/7 on a variety of pain management topics



The screenshot shows the AI-PAMI website with a navigation bar including: About PAMI, PAMI Resources, Patients, Aging With Pain, Education Modules, and Pain Research Registry. Below the navigation bar, the 'AGING WITH PAIN' section is highlighted, leading to the 'INTEGRATIVE PAIN MANAGEMENT SERIES FOR HEALTH CARE PROVIDERS'. The main content area features a large image of hands clasped together, with the title 'Integrative Pain Management Series for Health Care Providers' and a sub-header 'Integrative Medicine for Osteoarthritis Management Clinical Pearls'. A description follows, mentioning a presentation by Megan Weigel, DNP, APRN-c, and a case example of Jimmy, a 50-year-old male with knee osteoarthritis. A 'LEARN MORE' button is visible at the bottom right of the main content area.

### All Topics:

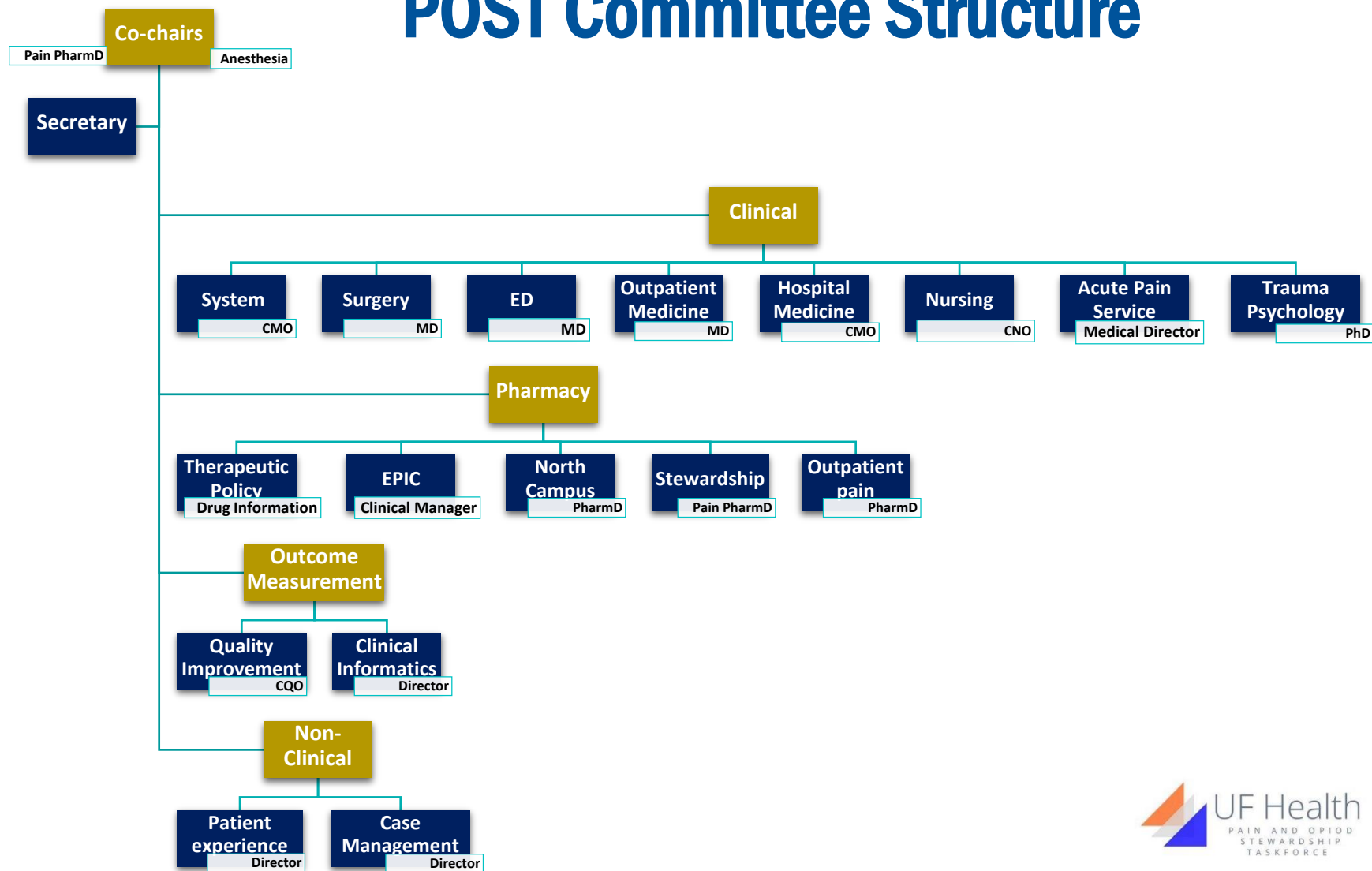
The 'All Topics' section displays three cards, each with a date (MAY 26, 2021), a title, and a brief description of the presentation. The first card is titled 'Integrative Medicine for Osteoarthritis...' and mentions 'View the AI-PAMI Health Care Provider Presentation: Integrative Medicine for Osteoarthritis Management Clinical'. The second card is titled 'Incorporating Integrative Medicine Modalities for...' and mentions 'View the AI-PAMI Health Care Provider Presentation: Incorporating Integrative Medicine Modalities for...'. The third card is titled 'From Pain To Ease: An Integrative Approach to...' and mentions 'View the AI-PAMI Health Care Provider Presentation: From Pain To Ease: An Integrative Approach to...'. To the right of these cards is a 'NEWS IN BRIEF' section with three items: 'Understanding Medical Marijuana', 'Understanding Chiropractic Management of Pain', and 'Approaching Pain Using Psychologically Informed Practice'.

# Pain and Opioid Stewardship Taskforce (POST)

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- Collect, analyze and act on clinical and non-clinical pain data
- Increase patient satisfaction regarding analgesia
- Maximize the use of evidence-based analgesic approaches in a multidisciplinary fashion
- Reduce patient opioid exposure time and cumulative dosage in all clinical settings
- Identify the patients most at risk of difficult-to-control pain, opioid-related side effects, or dependence and individualize care while minimizing risks of adverse opioid events

# POST Committee Structure



# POST Initiatives

## 2017

Pain and Palliative Care  
Stewardship Pharmacist

Joint Commission Gap Analysis

Analgesic Metric Development

IV Opioids Removed Admission  
Order-sets

IV to PO Pharmacist Auto  
Substitution Implemented

## 2018

POST Committee Formation

Removal of Benzodiazepines  
from Order-sets

Patient Opioid Discharge  
Education Documentation

House Bill 21 Controlled  
Substances Legislation

Mandatory Provider Pain  
Education

Nursing Pain Committee

Pharmacist Long Acting  
Opioid Verification on  
Admission

Naloxone Outpatient  
Pharmacist Standing Order

IV Acetaminophen Non-  
Formulary Criteria for Use

## 2019

Florida Society of Health  
System Pharmacist  
“Best Practice” Award

Ketamine Infusions for Pain  
Pilot on Progressive Units

House Bill 451  
Non-opioid Alternatives  
Legislation

Opioid Calculator EPIC®  
Build

Implementation of  
Outpatient Naloxone BPA

## 2020

House Bill 831 Electronic  
Prescribing Implement

Nursing and Provider Pain  
Scale Education

Perioperative Pain  
Management for Patients  
with Opioid Use Disorder

Expanded Buprenorphine  
Formulary Options

## 2021

Perioperative  
Management of Pain in  
Patients with Obstructive  
Sleep Apnea Guidance

A-02-005 Functional Pain  
Scale (DVPRS)

Developed Intrathecal  
Pump Policy

Expanded Abuse  
Deterrent Long Acting  
Formulary Options

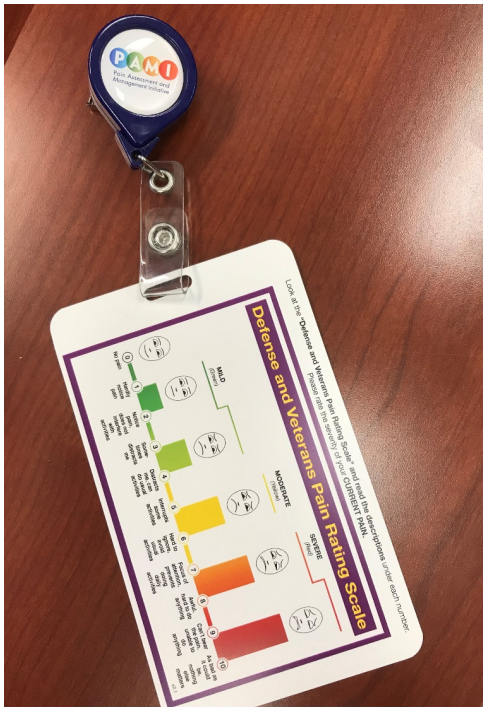
# POST Outcomes

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- Reduction of IV opioid utilization
- Decreased inappropriate IV acetaminophen utilization
- Increased multimodal analgesic use
- Reduction of average pain scores
- Reduction of benzodiazepine utilization
- Naloxone outpatient prescriptions
- Regulatory compliance

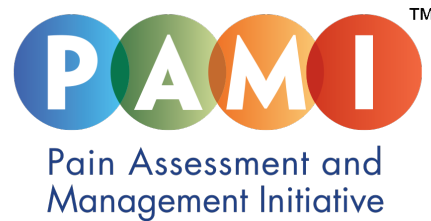
# Pain Scale Hospital Policy Update

- 2021: New institution-wide nursing pain policy changing from NRS to DVPRS
- PAMI collaborated to provide badge buddies and pain scale cards to nursing units with all scales



# PAMI Impact and Dissemination

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- PAMI products used across the U.S. and other countries
- Multidisciplinary
- Modified for other universities and organizations
- Cited in text books and other publications
- Aids hospitals in meeting Joint Commission pain-related standards

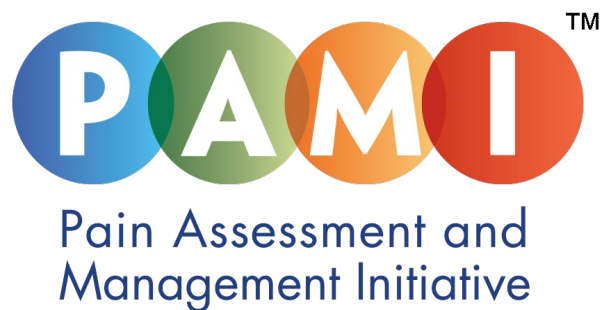
# Key Lessons Learned

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- Need for multidisciplinary weekly rounds
- Champions and resource review
- Providers enthusiastic to have new tools
- Inventory system
- Finding vendors

# Questions?

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## CONTACT US

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Website: [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)



Search us using:  
**@ufpami**



# Resources

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1. [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)
2. [Do's and Don'ts of Pain Medicine](#)
3. [Comfort Menu](#)
4. [Naloxone Tip Sheet](#)
5. [PEG Scale](#)
6. [Drug Disposal: Drug Take Back Locations](#)
7. [Medication Risk Alert: Opioids & Benzodiazepines](#)



# Key Takeaways

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- Learn Today:
  - ☐ Identify key hospital staff to build an engaged network of pain management champions
  - ☐ Describe PAMI patient education resources suitable for a variety of care settings
  - ☐ Understand the key components to developing a patient discharge toolkit
- Use Tomorrow:
  - ☐ Leverage PAMI resources to enhance pain management team and patient care resources

**How will this change what you do? Please tell us in the poll...**

# Contact Us



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[View our Website](#)



■ Healthcentric Advisors ■ Qlarant  
■ Kentucky Hospital Association  
■ Q3 Health Innovation Partners  
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**Telligen QI Connect™**

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■ Kentucky Hospital Association  
■ Q3 Health Innovation Partners  
■ Superior Health Quality Alliance



**Telligen QI Connect™**

**HQIC**

Hospital Quality Improvement Contractors  
CENTERS FOR MEDICARE & MEDICAID SERVICES  
QUALITY IMPROVEMENT & INNOVATION GROUP

# Questions?

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Email us at [HospitalQuality@AlliantQuality.org](mailto:HospitalQuality@AlliantQuality.org) or call us 678-527-3681

# HQIC Goals



## Behavioral Health Outcomes & Opioid Misuse

- ✓ Promote opioid best practices
- ✓ Decrease high dose opioid prescribing and opioid adverse events in all settings
- ✓ Increase access to behavioral health services



## Patient Safety

- ✓ Reduce risky medication combinations
- ✓ Reduce adverse drug events
- ✓ Reduce *C. diff* in all settings



## Quality of Care Transitions

- ✓ Convene community coalitions
- ✓ Identify and promote optimal care for super utilizers
- ✓ Reduce community-based adverse drug events

# Upcoming Events

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**August 24, 2021 1:00 p.m. EST**

## **Sepsis**

Hosted by IPRO HQIC  
Details forthcoming

# Thank you for joining us today!

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