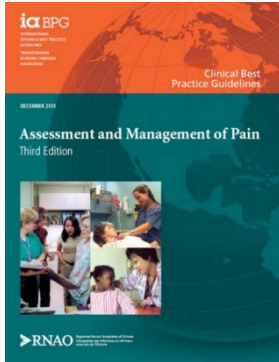


RNAO Best Practices: Evidence Booster

The impact of the implementation of Assessment and Management of Pain BPG

Assessment and Management of Pain (third edition, 2013)



The purpose of RNAO's best practice guideline (BPG), [Assessment and Management of Pain \(2013\)](#), is to help nurses become more comfortable, confident and competent when assessing and managing people with the presence or risk of any type of pain.



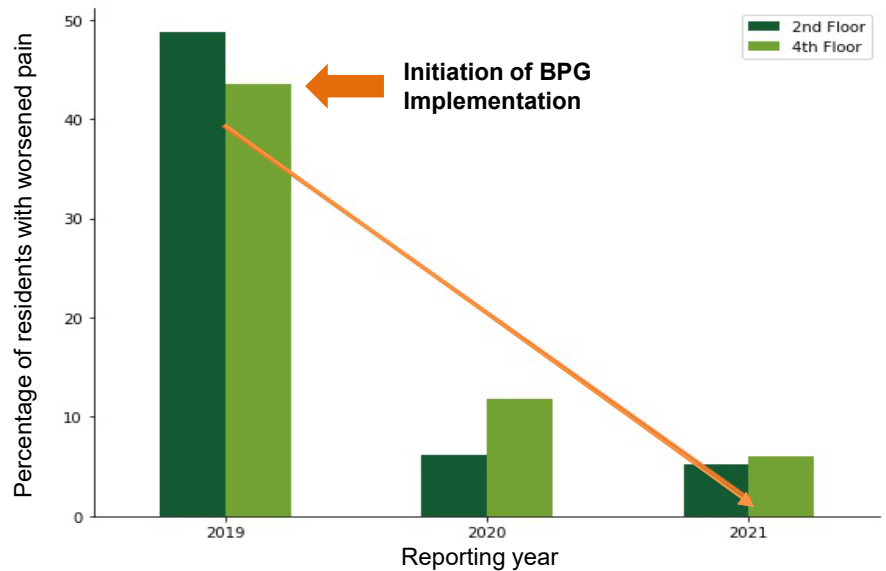
Villa Colombo Toronto is a Long-Term Care (LTC) Best Practice Spotlight Organization® (BPSO®) located in Toronto, Ontario, Canada. The home is accredited by Accreditation Canada with highest level of performance recognition in serving seniors for over 45 years and is highly regarded for the provision of culturally appropriate long-term care and community services. The home has implemented RNAO's *Assessment and Management of Pain (2013)* BPG to help health-care providers use the best available evidence when assessing and managing pain in their practices and improving the quality of care for residents.

Aim: To examine the impact on residents' health outcomes associated with the implementation of RNAO's *Assessment and Management of Pain (2013)* BPG in Villa Colombo Toronto (a long-term care home in Toronto, Ontario) while aiming to achieve excellence in residents' quality of life.

Measures: The Nursing Quality Indicators for Reporting and Evaluation® (NQuIRE®) data system was used to determine the percentage of residents whose pain worsened.

Clinical improvement: There was a decrease in the percentage of residents whose pain worsened during the period of BPG implementation.

Figure 1: Percentage of residents with worsened pain between 2019 and 2021.



Impact: From 2019 to 2021, there was a significant decrease in the number of residents who had worsening pain:

- 43.5 per cent decrease on the second floor (from 48.7% to 5.2%)
- 37.5 per cent decrease on the fourth floor (from 43.5% to 6.0%)

Practice changes

Villa Colombo Toronto implemented the *Assessment and Management of Pain (2013)* BPG in a systemic organization-wide approach to facilitate uptake of the practice changes from 2019. The practice recommendations for pain screening and assessment from the [BPG Order Sets™](#) were integrated into the home's electronic health record to have it built into the existing workflow of their current practices⁴. Education on pain, pain screening and comprehensive pain assessment were provided to the nursing staff. This organization also updated their policy, performed quality audits and provided feedback and ongoing education to sustain the practice changes.

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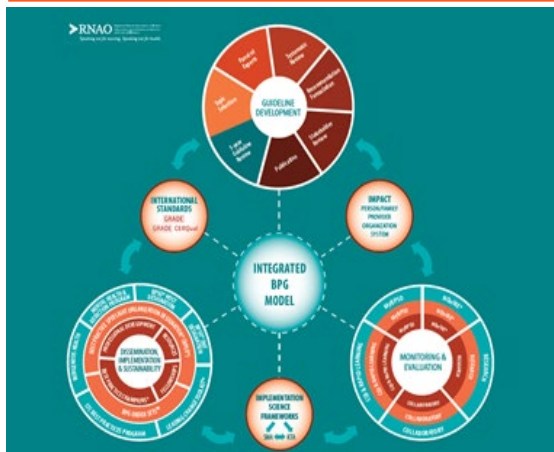


Practice Changes

Villa Colombo Toronto implemented a multifaceted strategy to reduce the incidence of worsening pain among its residents. The strategy included:

- **Pain programs** created and incorporated into areas of clinical care where residents may experience pain (for example, wound or palliative care)
- **Advanced 24/7 support** from a consulting physician or advanced practice nurse for staff to refer if resident pain levels required immediate intervention
- **Early detection** of pain by adopting PREVIEW-ED[®] Screening Tool for pain screening and the Pain Assessment in Advanced Dementia Scale (PAINAD) for the follow-up comprehensive pain assessment¹
- **Prompt intervention** by developing pre-emptive care plan with individual interventions to address resident pain

Conclusion: Villa Colombo Toronto demonstrated that the implementation of the *Assessment and Management of Pain* (2013) BPG led to a decrease in percentage of residents whose pain worsened during the period of BPG implementation.



RNAO launched the BPG Program in 1999² with funding from the Government of Ontario, Canada. The evidence-based BPGs developed to date are transforming nursing care and interprofessional work environments in all sectors in health systems worldwide. BPSOs are health service and academic organizations that implement multiple BPGs through a formal agreement and systematic process, as well as evaluate their impact on health and organizational outcomes².

NQUIRE^{3,5}, a unique nursing data system housed in the International Affairs and Best Practice Guideline Centre, allows BPSOs worldwide the ability to measure the impact of BPG implementation. The NQUIRE data system collects, compares and reports data on human resource structure, guideline-based nursing-sensitive process, and outcome indicators. Contact us by email at NQUIRE@RNAO.ca for more details. To learn more about RNAO's IABPG Centre, please visit RNAO.ca/bpg. This work is funded by the Government of Ontario. All work produced by the RNAO is editorially independent from its funding source.

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