

PAIN RESEARCH AND MANAGEMENT

The effect of standard pain assessment on pain and analgesic consumption amount in patients undergoing arthroscopic shoulder surgery

Sevilay Erden, Sevil Guler Demir, Ulunay Kanatl, Fatma Danac and Banu Carboga
Cukurova University, Turkey

Pain assessment has a key role in relief of the postoperative pain. In this study, we aimed to examine the standard pain assessment protocol (SPAP), which we developed based on acute pain guidelines, on pain level, analgesic consumption. The study population consisted of a total of 101 patients who had arthroscopic shoulder surgery. Standard pain assessment was administered to the control group, while the SPAP was administered to the study group. Standard pain assessment therapy of the clinic was administered to the subjects from both groups based on the pain assessment. Roughly, pain was assessed nearly two times more in the study group ($p < 0.001$) and the mean pain levels were lower at 12th hour in the study group ($p < 0.001$). Pain assessment was not performed after 12th hour despite the severe pain in the control group and, therefore, analgesia was administered at irregular intervals or was not administered at all. However, the hourly analgesic administration were found to be more regular according to the pain levels of the patients in the study group. The SPAP reduced the pain level by providing regular analgesia when used in combination with regular pain assessment. This article highlights the appropriate assessment for patients with surgical pain. In majority of literature on the subject, articles emphasize the importance of standard pain assessment protocol to provide adequate pain relief.