

Improving Postoperative Care of Minimally Invasive Gynecologic and Urologic Ambulatory
Extended Recovery Patients: Non-pharmacological Pain Management

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Abstract

Pain after minimally invasive abdominal surgery is due to multiple pain mechanisms and individual differences in how pain is perceived. The purpose of this quality improvement project was to enhance the post-operative pain management regimen for individuals recovering from minimally invasive gynecologic and urologic surgery at a comprehensive cancer center on the East coast. The project employed a pre-/post- design and took place on the short stay units where these patients recovered. After implementation of the bundle, the documented use of non-pharmacological pain management interventions significantly increased and post-operative opioid use significantly decreased, without negatively affecting pain scores or length of stay. Non-pharmacological interventions were well received by nurses, patients, and surgeons. These results suggest that administering non-pharmacological interventions for pain can decrease the need for post-operative opioids in this population, and ordering a bundle of interventions alongside analgesia in the medical chart is an effective way to increase their use.

