

Roles of Nurse Practitioners in the Management of Chronic Generalized Pain

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INTRODUCTION

Pain is a symptom that human beings of all ages, genders and ethnicities suffer through their life all around the world. It's estimated to affect 12-30% of the population, resulting in a big socioeconomic and professional time cost (1, 2).

Depending on duration of the symptom, chronic pain is defined as lasting longer than 3-6 months or more. Because of longer duration of pain, issues in other spheres of the person can develop (3).

COVID-19 worsened the situation of patients with chronic pain, as continual care provision stopped and, also, because opioid misuse increased (4). Opioid induced hyperalgesia is another issue derived from opioid use for chronic pain control. It's a situation in which patients become more sensitive to painful stimuli and require higher doses of opioids to achieve previous levels of wellbeing (5).

There are alternatives to opioids but they stay the main choice for pain control (6). Furthermore, recent studies have shown that interprofessional care improves general health in patients (7).

OBJECTIVE

Review existing bibliography regarding the roles that Nurse Practitioners have in relationship to chronic generalized pain management.

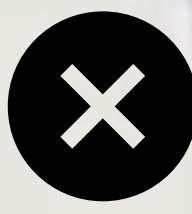
METHODOLOGY

WHAT ARE THE ROLES OF NURSES IN CHRONIC PAIN MANAGEMENT?

CINAHL
PubMed

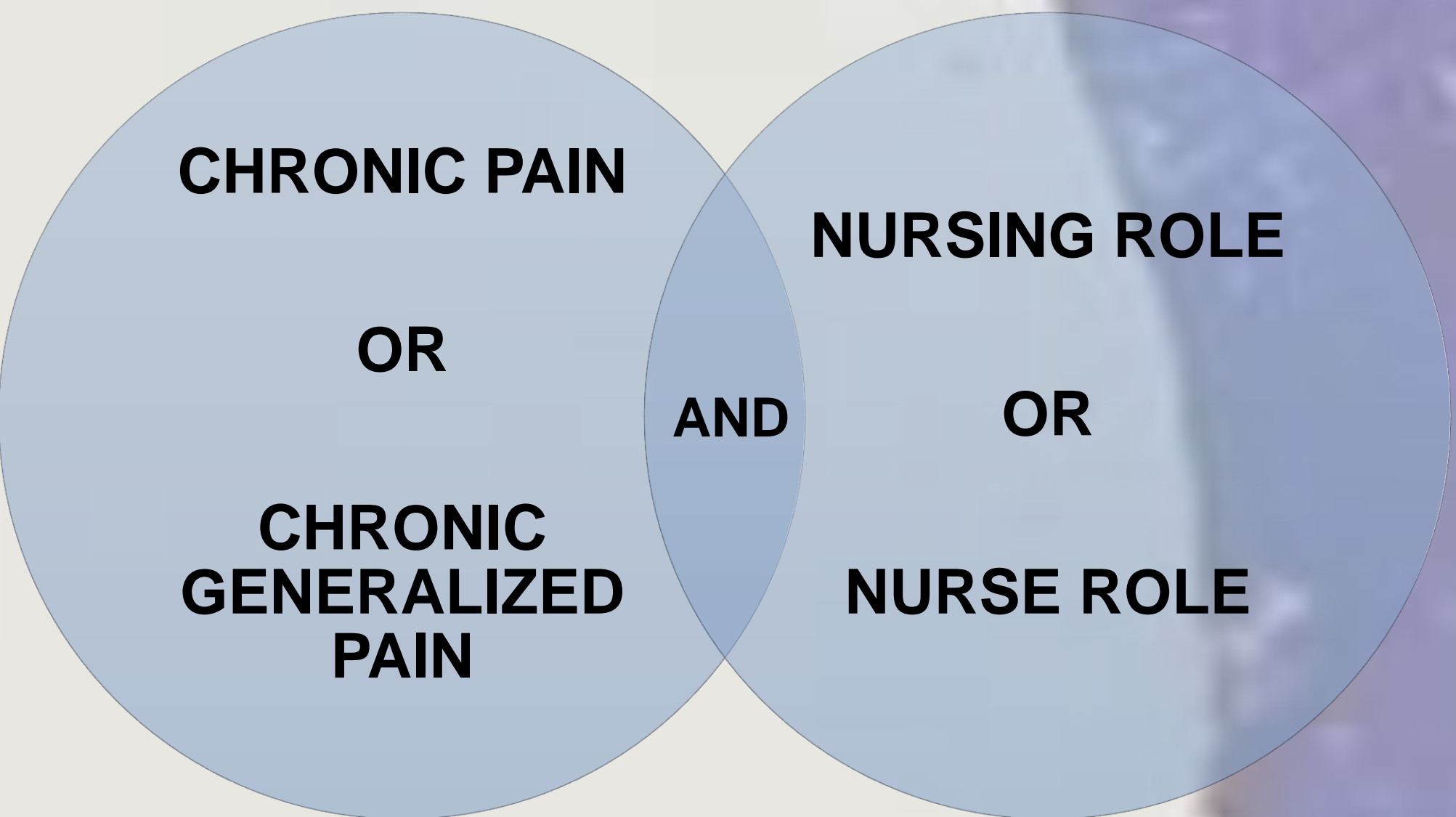


- Last 10 years
- English and Spanish
- Adult patients

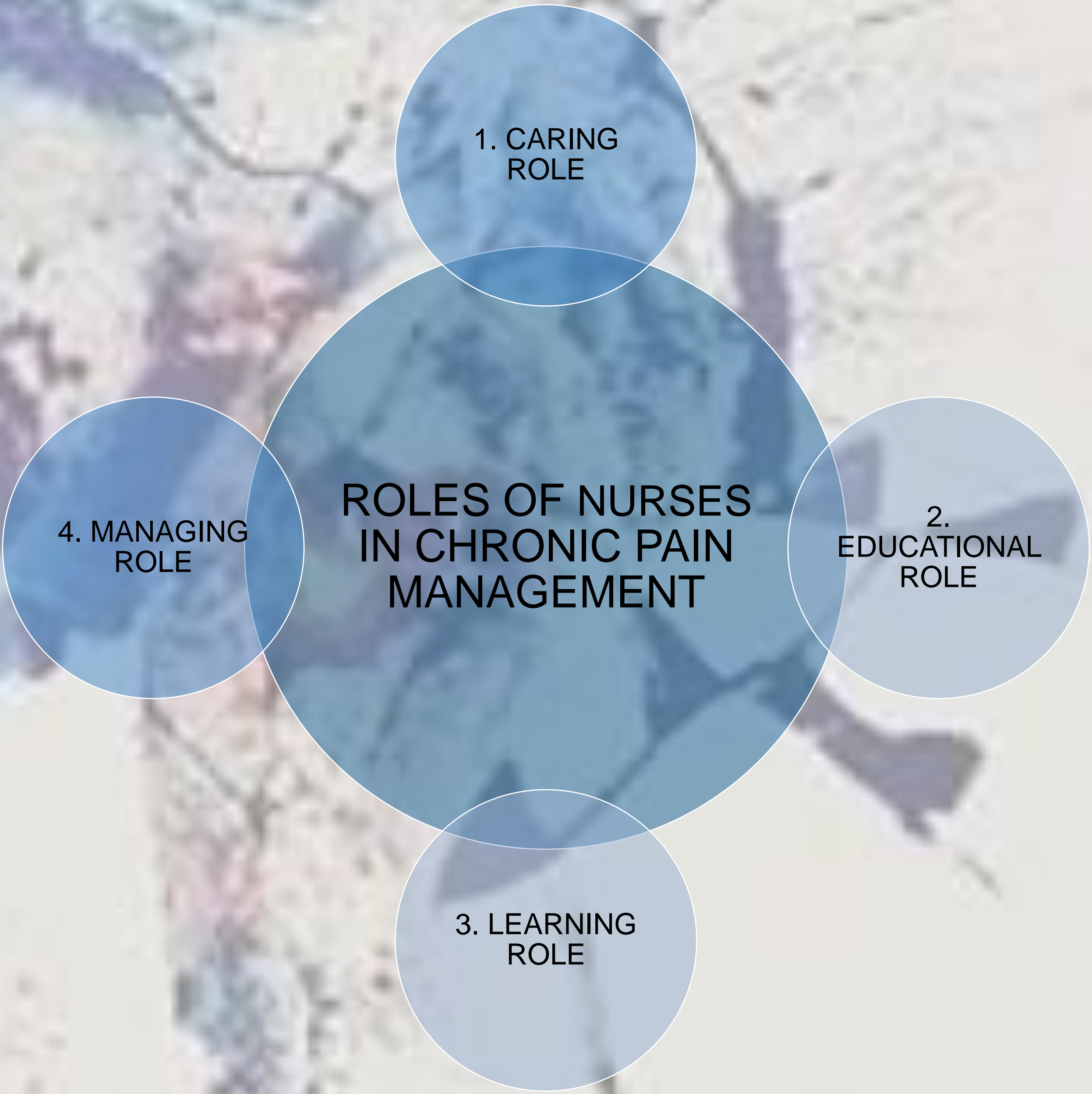


- Specific fields of nursing
- Grey literature
- No access or different language

14 articles



RESULTS



1. Caring includes activities like pharmacological therapies, non pharmacological alternatives and pain assessment (1, 4, 8, 9).
2. Patient education, vital for chronic pain management, includes teaching about self-management activities to empower patients on self-care and reduce catastrophization (2, 9).
3. Learning role refers to needs of knowledge nursing professionals have on chronic pain management activities (2, 4, 6, 7, 10, 11).
4. Managing role refers to coordinating and communicating abilities nursing professional have (2, 4, 7, 11, 12, 13).

CONCLUSION

Chronic pain is a public health matter with socioeconomic and personal impacts. It should be viewed and cared from a holistic point of view by all professionals.

Including continual teaching starting at university on chronic pain management is a must, as well as giving nursing professionals more responsibilities and leadership.

Making nurses leaders of interprofessional care teams benefits both the individual and the rest of the caregivers involved. Nurses are the bridge between patients and the healthcare system, and by making them lead health in the general population can be improved.

BIBLIOGRAPHY

