

Abstract

Pain Management in Intensive Care

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Background: In post-op period, pain is one of the major stressors for intensive care patients. Removal of pain/pain control in treatment settings is not important only to remove adverse physiological effects; but ensuring pain relief for the patient who has lost total control in intensive care settings is also a basic right to health.

Materials and Method: Studies that focused on pain control in intensive care units were investigated and findings from these studies were presented.

Findings: It is reported in literature that in addition to health problems experienced by intensive care patients, health care professionals' recuperative attempts may also cause pain. It is known that especially endotracheal aspiration, deep breathing and coughing exercises, turning patients, wound care and catheterisation conducted by nurses increase pain. It is important for nurses to ensure pain management before painful interventions. Pain management includes pharmacological and non- pharmacological interventions. Nurses commonly prefer to use painkillers to remove pain, but non-pharmacological methods can also be used in pain management. It is crucial to identify the best method by taking patients' best interests into account for pain relief. Nurses should plan pain management well. Pain control should not center on applying painkillers when it is time for medication.

Result: It is believed that intensive care pain management should not continue as a routine practice but it should be planned and implemented for individual patients to be more effective.

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