A Program Development Initiative in Nutritional Pain Management

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Introduction

Background and Significance

- Pain is complex and multidimensional in nature.
- Personalized multimodal approaches to pain management are often more effective than unimodal approaches.
- Diet is well-recognized in managing disease states such as heart disease and diabetes.
- Nutritional interventions are generally not considered a first-line strategy for pain management.
- Pain is associated with inflammatory processes.
- Whole-body inflammatory states are caused by consumption of the Standard American Diet (SAD).
- Anti-inflammatory diets are accessible to most patients, often require minimal intervention by medical professionals, have virtually no side-effect profile, and are beneficial for patients experiencing pain.
- The public assumes that medical professionals are reasonably knowledgeable in nutrition, inflammation and disease.
- A review of literature disputes this assumption, revealing that significant nutritional knowledge gaps exist among all healthcare practitioners.

Purpose

- The primary objective for this Program Development Initiative in Nutritional Pain Management was to assess the overall knowledge of nutrition on inflammation and pain in a group of Pain Fellowship Trained Certified Nurse Anesthetists both before and after a comprehensive nutritional education intervention.

Methodology

1. Critical Appraisal of the Literature
2. Study Population Determined: CRNAs who were graduate fellows of the USF Advanced Pain Management Postgraduate Fellowship program
3. Educational Intervention Instrument Created: A PowerPoint presentation on Nutritional Pain Management major themes
4. Survey Assessment Tools Created: Demographic questions, Knowledge Assessment questions, Clinical Application in Practice questions
5. IRB Approval Obtained
6. Project Deployed on SurveyMonkey: The project formatted live and open to participants on the online platform for 7 weeks

Results

- 24 participants completed the pretest and posttest questionnaires as well as the educational PowerPoint intervention.

![Graph showing Years of Experience in Pain Management](image)

- Pretest vs. Posttest:
  - Knowledge Assessment Questions Pretest vs. Posttest:
    - Pretest: Median: 3
    - Posttest: Median: 5
  - Clinical Application Questions Pretest vs. Posttest:
    - Pretest: Median: 3
    - Posttest: Median: 5

Discussion

- Knowledge deficits are clearly recognized among healthcare professionals.
- The Stetler Model of Research Utilization was the framework used to assist with the application of these clinical findings into practice.
- Organizational elements as described by the Stetler Model are needed to support and inform evidence-based practice initiatives at the organizational level.
- Creation of a formal change within an organization and implementation of findings into educational platforms was a significant part of this program development initiative.
- USF CON has incorporated this educational instrument into courses for both undergraduate and graduate-level nurses.

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References

References are available upon request.