

# Use of Pain Action Plans for Adolescents and Young Adults with Sickle Cell Disease



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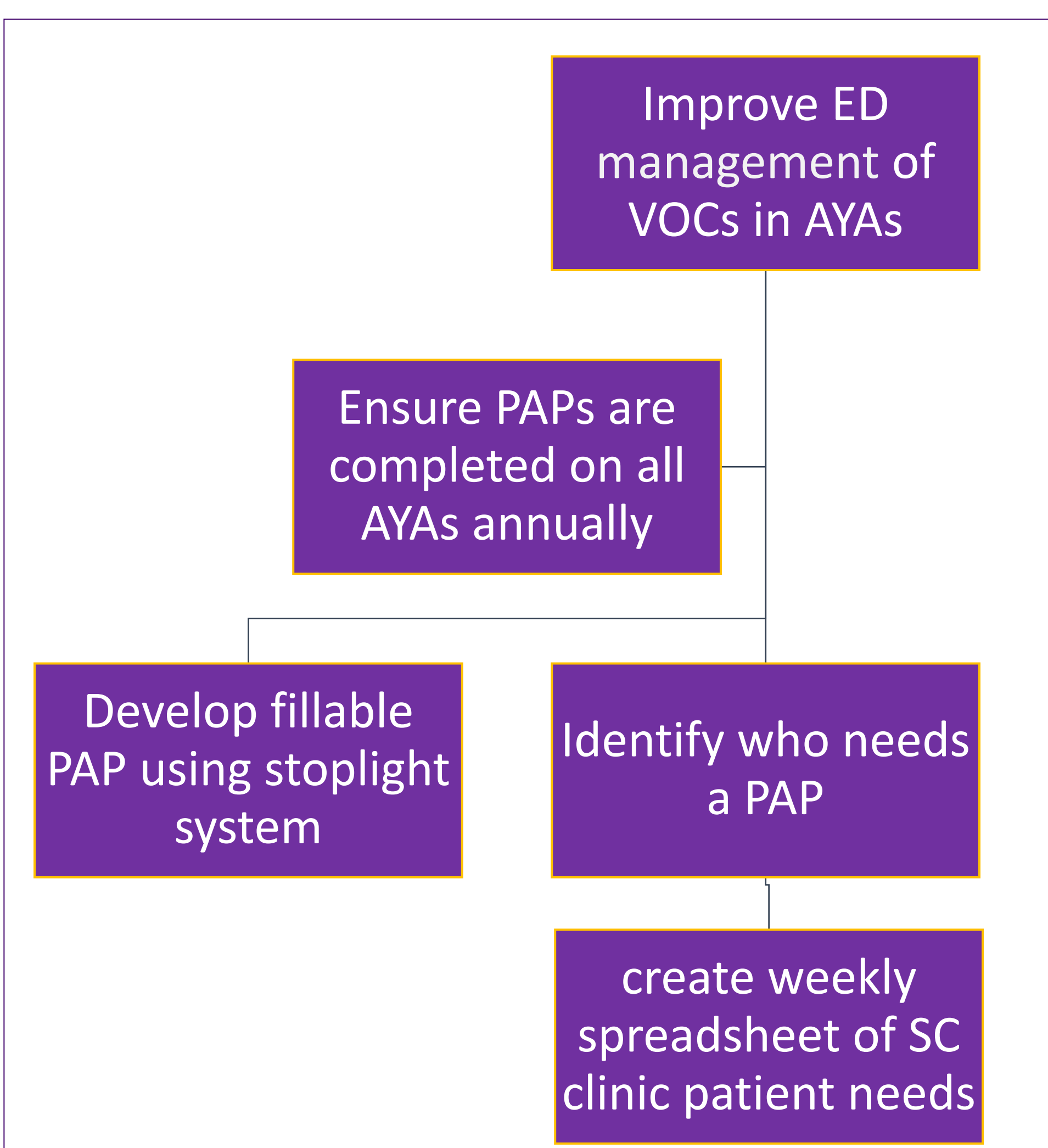
## BACKGROUND

- Adolescents and young adults (AYAs) with sickle cell disease (SCD) often **require treatment in the emergency department (ED)** for acute vaso-occlusive crisis (VOC) pain.
- ED management of VOC pain is often **delayed and/or insufficient**.
- AYAs with SCD would benefit from clear **individualized guidelines for pain treatment** in the ED utilizing pain action plans (PAPs).

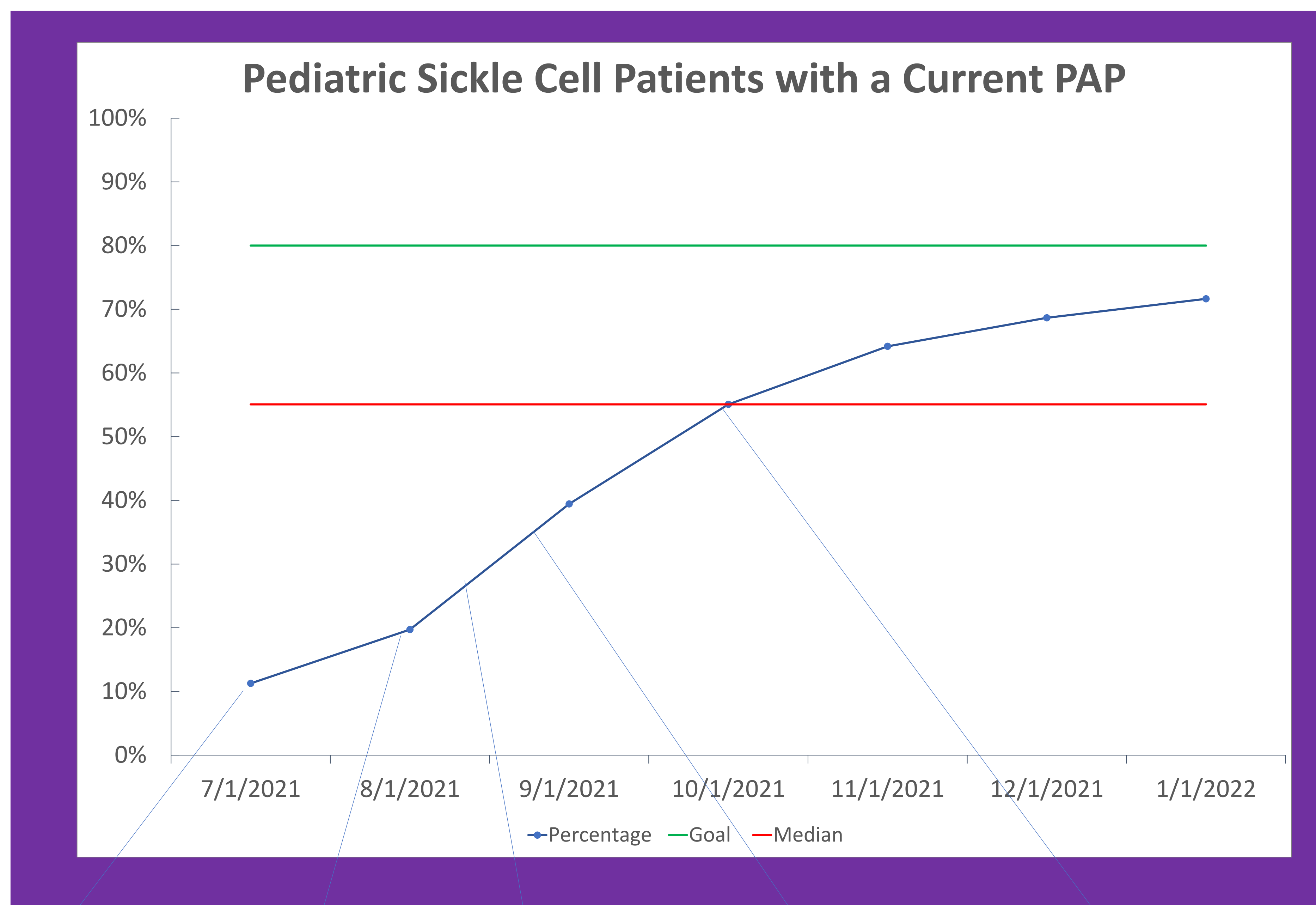
## PROJECT AIM

80% of patients with SCD ages 15 to 24, followed by the pediatric sickle cell program at East Carolina University, will have an active pain action plan available in the electronic health record by February of 2022.

## PROJECT DESIGN/STRATEGY



## CHANGES MADE (PDSA CYCLES)



- Project Initiation Spread Sheet Developed
- Dedicated Nurse Specialist Hired
- Had a list in PDAY this month
- Education on PAP at Team Meeting
- Nurse Started Completing the Spreadsheet

## PAIN ACTION PLAN

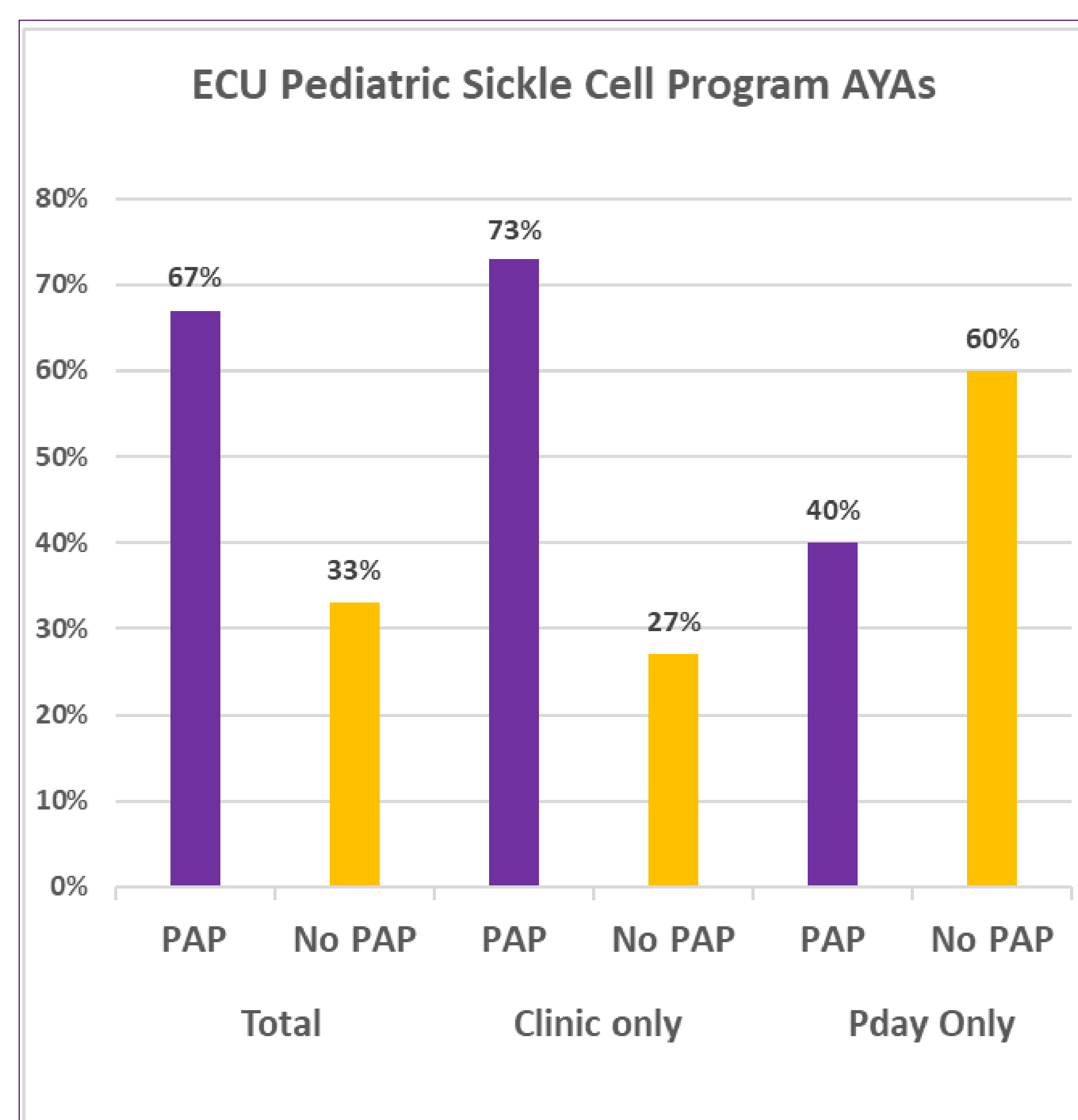
**SCD Outpatient Pain Action Plan**

**GREEN ZONE:** Pain Under Control (VAS 0-3). No pain to minimal pain. Mid Pain to Uncomfortable. Can do all activities without pain.

**YELLOW ZONE:** Pain Uncomfortable (VAS 4-6). Always have pain but can still do normal activities. Not feeling well, Moderate / Distracting / Distressing.

**RED ZONE:** Pain Unmanageable (VAS 7-10). Unmanageable, intense, severe, immobilizing. Cannot sleep, do activities, work, or do hobbies.

## RESULTS/OUTCOMES



## LESSONS LEARNED

- Change in Process
- Buy-In Important
- Reminders Needed

## NEXT STEPS

- **Continue to update** our patient list to include all AYAs with SCD once they turn 15.
- Develop a patient **feedback questionnaire** to see how helpful the PAPs have been during ED visits.
- Review Pday schedules and **remind providers** of need for PAP in these patients.
- Schedule all patients aged 15+ during **transition clinic days** to help facilitate completing PAPs on all AYA SCD clinic visits.

## ACKNOWLEDGEMENTS

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