



# A COLLABORATIVE APPROACH TO TREAT ACUTE PAIN

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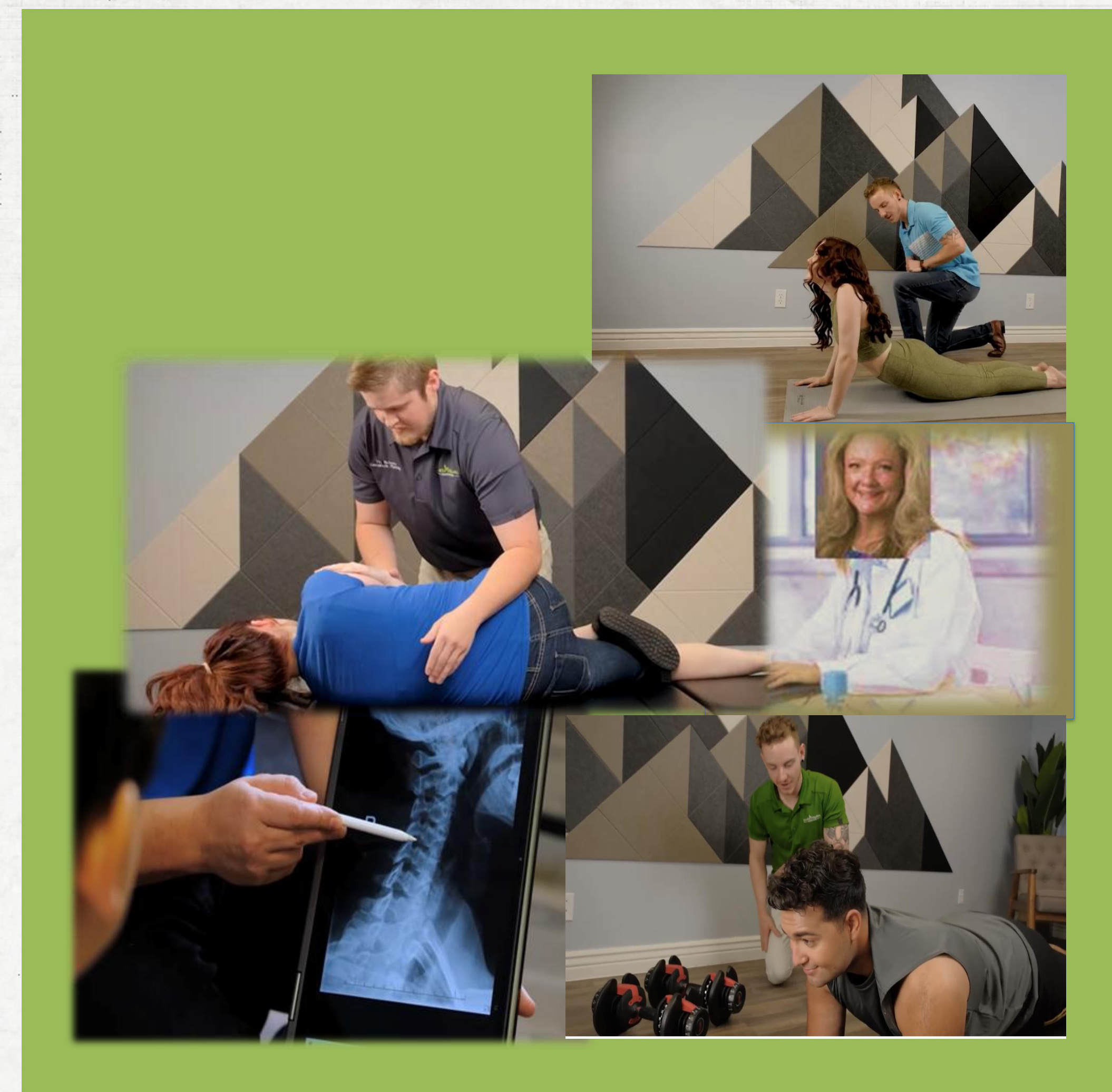
## METHODOLOGY

(Plan, Implementation, Evaluation)

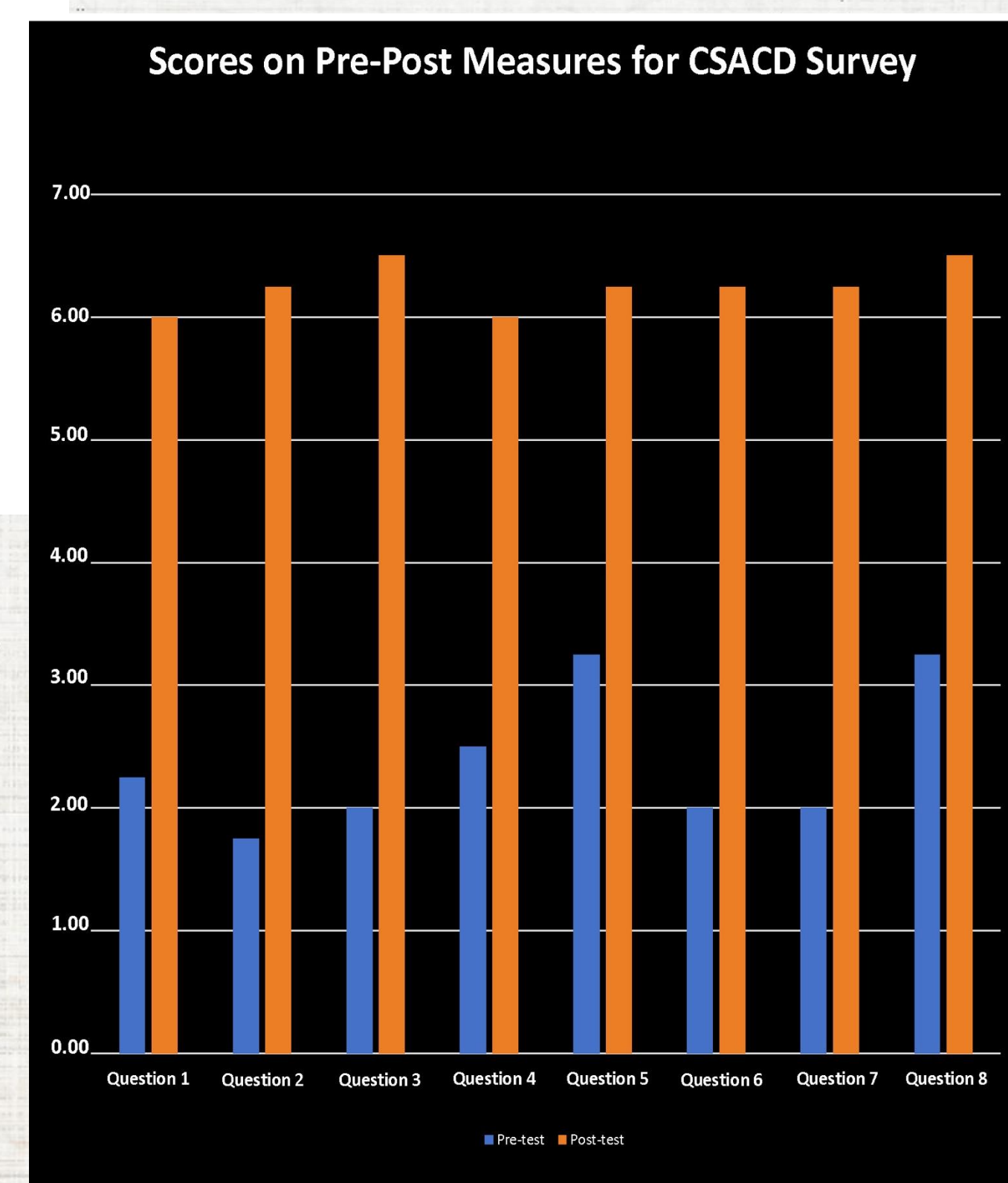
The type of quality improvement design used for this project was based upon process enhancement.

A collaborative care model composed of a highly functional interprofessional care team (Nurse Practitioner, Doctor of Chiropractic, Neurology Specialist, Exercise Therapist, and Massage Therapist) was established to provide patients with advanced pain management therapies and personalized care modalities by implementing standard care and complementary treatments for acute pain.

A flowchart was designed and implemented that would assure consistency and continuity to guide patient care from the door to end of treatment (see Simply Wellness Flowchart).



In order for a collaborative approach to be successful each team member must contribute to the patient care plan and feel that their ideas are being heard and utilized during meetings. A pre-post survey made up of eight questions using a modified version of the Collaboration and Satisfaction About Care Decisions CSACD survey was used to measure the satisfaction and overall collaborative efforts of the care team.



CSACD questions	Pre-assessment n=4 M	SD	Post-assessment n=4 M	SD
How satisfied are you with:				
1. Team members planned together to make decisions about care for patients?	2.25	.43	6.00	.71
2. Open communication among team members took place as the decisions were made?	1.75	.43	6.00	.43
3. Decision making responsibilities for the patients were shared among team members?	2.00	.71	6.50	.50
4. Team members cooperated in making the decisions?	2.50	.50	6.00	.71
5. In making the decisions, all team members' concerns about the patient's needs were considered?	3.25	.83	6.25	.83
6. Decision making for the patients was coordinated among team members?	2.00	1.00	6.25	.43
7. How satisfied are you with the way the decisions were made for the patients?	2.00	0.71	6.25	.43
8. How satisfied were you with the decisions made for these patients?	3.25	1.30	6.50	.50



## FINDINGS

(Results, Conclusion, Sustainability)

- When practicing collaboration methods beyond patient care to an overall culture of inclusivity, including open communication, the project found that increased organizational efficiency resulted, and all healthcare team members felt valued and became more productive.
- The framework developed in this study used interprofessional collaborative practice between a nurse practitioner, chiropractor and other healthcare professionals in a primary care setting to treat patients' acute pain. Findings showed significant improvement in provider satisfaction with collaborative methods that improved their patients' acute pain levels. This study also demonstrated that multidisciplinary teams could be more proficient, productive, innovative, and have superior risk management than a single provider approach.
- Most importantly, collaborative care can be a sustainable change that strengthens the healthcare structure and improves population health.

## IMPLICATIONS FOR PRACTICE

When acute pain is managed correctly using a collaborative and nurse practitioner-led approach, patients' clinical outcomes and satisfaction reports are improved.

## REFERENCES

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## INTRODUCTION /BACKGROUND

Acute pain is a complex process and one of the most common reasons patients seek care by Nurse Practitioners (NPs) and other healthcare providers in the outpatient setting. Various pain management approaches are available to adult patients including medication, spinal manipulation, physical therapy, and specialty referrals. Typically, patients must see multiple healthcare providers and various clinics for treatment.

## OBJECTIVE/PURPOSE

- Acute pain is a complicated issue that can lead to poor outcomes and therefore it is imperative to utilize treatment methods to produce effective results.
- Using a collaborative care approach that incorporates standard and complementary treatments can be an innovative way to improve patient outcomes while increasing patient and provider satisfaction.

## LITERATURE REVIEW/Framework

The following themes emerged from the literature review;

- Collaborative approach benefits in a clinic
- Healthcare cost benefits of coordinated care
- Barriers to a collaborative care approach
- Consequences of poorly treated pain
- The need for a better approach to treating pain

This project used the Sustainability Framework and eight steps are implemented including;

- Strategic vision
- Collaboration
- Leadership
- Relevance
- Evaluation
- Communication
- Efficacy
- Effectiveness

