

# CONCEPT MAP Acute Pain

LC  
57 y.o. male  
Strangulated inguinal  
hernia --> partial bowel  
obstruction --> second  
day postop

assess

- 6' 3", 200 lb
- C/o abdominal pain (7/10)
- Restless
- Legs drawn up to chest
- Pupils dilated
- Midline abd incision with sutures dry and intact
- HR = 90
- BP = 158/82
- Resp = 24
- Skin pale, moist
- CXR and UA negative
- WBC 12,000

generate nursing diagnosis

Acute Pain r/t tissue injury secondary to surgical intervention

outcome

outcome

Outcomes partially met:

- Requests analgesic 30 minutes before ambulation
- Willing to try relaxation techniques but has not done so to date

evaluation

Pain Control aeb often demonstrating ability to:

- Use analgesics appropriately
- Use non-analgesic relief measures
- Report uncontrolled symptoms to health care professional

Pain Level aeb mild to no:

- Reported pain
- Protective body positioning
- Restlessness
- Pupil dilation
- Perspiration
- Change in BP, HR, R from normal baseline data

evaluation

Outcomes partially met:

- Verbalizes pain and discomfort
- States pain is 2/10 30 minutes after analgesic
- No protective body positioning
- No pupil dilation

nursing intervention

nursing intervention

nursing intervention

Analgesic Administration

Simple Relaxation Therapy

Pain Management

activity

activity

activity

Evaluate effectiveness of analgesic

Determine type of analgesic based on pain assessment

Instruct to request analgesic at onset of pain

activity

activity

Demonstrate and practice relaxation techniques

Check willingness to use relaxation strategies

activity

activity

activity

Pain Assessment

Consider cultural influences

Reduce or eliminate factors that increase the pain