

PAIN AS THE FIFTH VITAL SIGN IN GALICIA: OVERCOME CHALLENGE

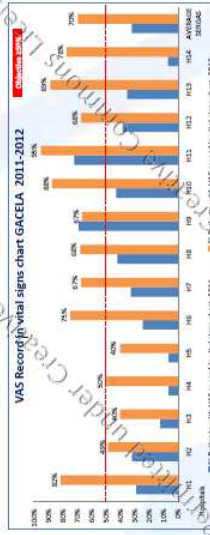
Authors: MD. Martín-Rodríguez, M. Carreras-Viñas, E. García-Capella, B. Frutu-Barrero, B. Rodríguez-Pérez, B. Pérez-Gilgista, M. Calvo-Minguaz-Sanzó
 Quality Management, Galician Health Service, Santiago de Compostela, Spain

In 2010 the Galician Health Service (SERGAS) set forth the "Integral Pain Care Strategy" within the Strategy "SERGAS 2014: public health care at the patient's service". In 2011 pain evaluation as a fifth vital sign is implemented in all 14 hospitals belonging to the Galician Health Service, including VAS (Visual Analogue Pain Scale) in the vital signs chart within the Management of Care Application GACEA data record. The following standard was included as an objective in the management contract which is signed by all hospital directors: 50% of all in-patient have a pain evaluation register in their vital signs chart.

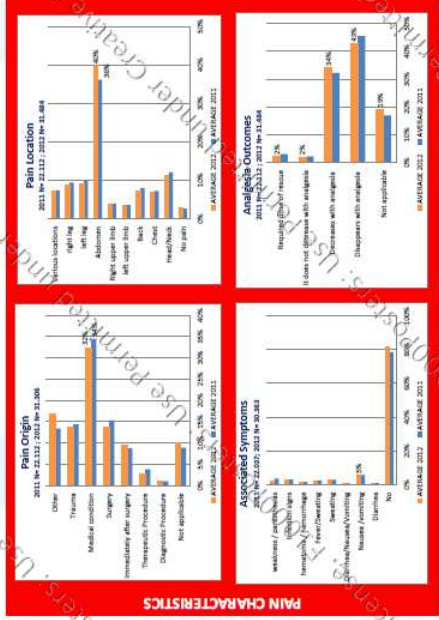
Results

GALEGA	RECORDED	SERGIAS 2011	SERGIAS 2012
Population • 2.783.489 (IUG-2013) • 4000 population • 1000 population • 1000 population	In-patients (Nº acute hospital)	220.727	218.156
Resources • 14 hospitals • Primary Care Units: 402 • IMISC electronic medical record system for all primary care • VAS (Visual Analogue Pain Scale) data record • Nursing care computer register system for all hospitals • GACEA	In-patients who pain evaluation register as a fifth vital sign (in-patients > 50%)	71.226 (32,6%)	150.209 (69,3%)
Healthcare Activities/year • 661.282 patients receive care in hospital emergency departments • 228.655 hospital admissions • 24.239.281 Primary Care consultations	In-patients VAS > 0	21.477 (30,2%)	70.821 (46,5%)

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Sex	Female	Male	TOTAL
Age	0-17: 3,17%	0-17: 3,35%	0-17: 3,26%
Patients VAS > 0	31,7%	33,0%	32,3%
VAS Pain	2,03%	2,18%	2,11%
Maximum Pain	1,7%	1,8%	1,75%
Severe Pain	0,5%	0,5%	0,5%



Conclusions:

- Nearly half of all in-patients suffer pain, more so in females over 60 years old. The pain evaluation procedure has allowed us to become aware of the real situation and to improve health-care procedures.
- The creation of the Galician Commission on the Strategy Against Pain was greatly appreciated staff wise, specially by health professionals who work in Pain Units and Primary Care, as well as Scientific Societies and Patient Associations.

Contact: isa.martin.rodriguez@sergas.es