



Global Journal of Anesthesia and Clinical Research (DOI:10.28933/GJACR)



Multidisciplinary intervention in the relief of pain in chronic wounds: experience report

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ABSTRACT

Introduction: According to the International Association for the Study of Pain (IASP), pain is an unpleasant sensation or emotional experience associated with actual or potential tissue damage.¹ Furthermore, pain involves psychological and social factors, so it is a multidimensional, complex, subjective and perceptive phenomenon. Pain in chronic wounds is a concern for both the patient and the health care team. This is a complex approach and requires a multidisciplinary approach. **Objective:** To describe the experience of a resident nurse within the multidisciplinary team in the care of patients with chronic wounds. **Methodology:** This is an experience report of a resident nurse during the care of patients with impaired skin integrity at the university hospital of Aracaju. The nurse worked with a multiprofessional team, consisting of psychologist, physiotherapist, speech therapist, nutritionist, pharmacist, social worker and dentist. **Results and Discussion:** Several approaches were used in the treatment, to mention: adequacy of technique and coverage in dressings, intensification of decubitus changes and movement in bedridden patients, besides the execution, adequacy and orientation of basic human needs. Interventions with the medical team consisted of a crucial and difficult point for the improvement of the pharmacological management of pain. In addition, daily humanization has become a key element in the best response to the treatment and its consequences. Thinking about the patient as a biopsychosocial and spiritual being, we use specialized psychological support, interventions that encompass social issues, involvement of religious beliefs when recognized as a comfort point in the suffering process, and music therapy during multidisciplinary care. **Conclusion:** The developed activities promoted better results in pain management and evidenced the importance of the performance of the multiprofessional team as a determinant for this improvement. In addition to exposing the best model of approach and humanization to the patient and family.

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How to cite this article:

Barbosa, S.L.E.S; Passos, P.M; Vasconcelos, L.G; Santos, L.A.S; Santana, M.J.S; Ramos, T.S. Multidisciplinary intervention in the relief of pain in chronic wounds: experience report. Global Journal of Anesthesia and Clinical Research, 2018, 1:3

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