PAIN AS THE FIFTH VITAL SIGN IN GALICIA: OVERCOME CHALLENGE

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 was implemented in all 14 hospitals belonging to the Galician Health Service, including Vigo University Hospital. The use of the 10.0 cm visual analogue pain scale is the most visible change within the Management of Care Application (GACELA) database.

The following standards were included as objectives in the management contract with the hospitals:
- 50% of all in-patients have a pain evaluation register in their vital signs chart.
- A 4 point scale (0-4) is used to evaluate pain.
- A rescue analgesic drug schedule is established.
- The hospital must have a written pain policy established.
- The hospital must have a written policy for pain management.
- A pain management team is present.
- The hospital must have a written policy for pain management.

Results:

- Pain severity 2012
  - Pain severity 2012
  - Pain severity 2013
  - Pain severity 2014

Conclusions:

- Nearly half (52%) 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 this real situation and to improve health care processes.
- The rejection of the Galician Commission on the Strategy Against Pain was greatly appreciated staff wise, especially health professionals who work in Pain Units and Primary Care, as well as scientific societies and Patient Advocates.

References:

- Cereitez, G.
- Cereitez, G.