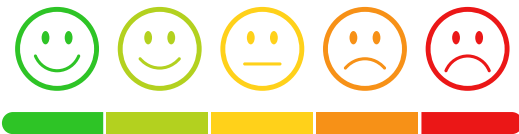


PATIENT-CONTROLLED ANALGESIA (PCA)

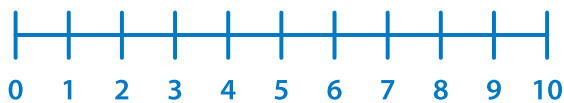
What if I am still having pain after I press the PCA button?

- You will receive other pain medications in addition to PCA medication to cover your pain around the clock.
- The nurse will ask you to score your pain on a scale (see the diagrams below). This score will help the nurses to see how good your pain relief is.
- If your pain is still not controlled with the current medications, the pain team will review your pain management method and adjust your medications.

1. Wong-Baker FACES Pain Rating Scale:



2. Numerical Rating Scale:



3. Verbal Rating Scale:

None	Mild	Moderate	Severe
Choose the word that best describes your pain.			

Is it possible to overdose or cause myself harm?

No, the PCA pump is a safe device which is programmed to give you a safe amount of medication.

Can I get up and walk around?

- PCA pump can be carried over your shoulder in the carry pack when you ambulate.
- Inform the nurse before you walk to assess your walking stability and the precautions that should be taken based on the assessment.

When to report?

It is important to inform your nurse and pain team if you experience the following:

- Any of the side effects or discomfort.
- When the medicine has no effect on your pain level.

Who are the acute pain team?

- The acute pain team are doctors and nurses specialized in pain management.
- The team is dedicated to enhance the patient's recovery.
- The team is responsible for performing comprehensive assessment.
- You are encouraged to follow the acute pain team instructions and communicate openly about your pain experience.



Patient and Family Education
patienteducation@hamad.qa

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PATIENT-CONTROLLED ANALGESIA (PCA)

What is Patient Controlled Analgesia?

Patient-controlled analgesia is a method of pain management that allows you to self-administer pain medication to keep your pain at a level you can tolerate.

Modes of PCA

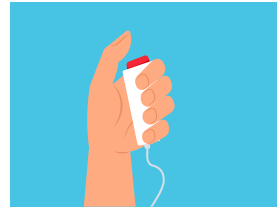
Your physician will decide on one of the following pain management modes:

Type of analgesia	Route of administration	Drug
Intravenous Patient controlled Analgesia (IV-PCA)	Through the vein	Opioids
Patient controlled epidural analgesia (PCEA)	Epidural space/ Back area	Local Anesthetic agent +/- Opioid
Patient controlled regional analgesia (PCRA)	Nerve close to the operative site	Local Anesthetic agent

How does a PCA work?

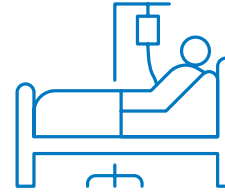
- When you start to experience discomfort, simply press the PCA demand button.
- The PCA pump is designed to deliver a fixed dose of pain medication automatically within a specified time frame.
- When you press the button attached to the device immediately, you will hear a sound from the pump.
- The pump will release pain medication, initiating pain relief within a few minutes.

PCA patient buttons:



Who can press the button?

- Only the patient can press the button.
- STRICTLY do not allow others to press the button for you.
- You will find a signboard along with your PCA machine.



How often should I press the PCA button?

- You can use the button whenever you feel pain.
- You can press the button before you engage in any physical activity to reduce pain caused by movements.
- It is not advisable to press the button for sleeping.

What are the benefits of PCA?

- Your pain medicine is under your control.
- Fast action.
- Good pain control.
- Safety monitoring.
- Early ambulation.
- Faster recovery.
- Early discharge from hospital.
- Increased patient satisfaction.

What are the side effects of PCA?

You may experience one or more of the following symptoms:

- Difficulty In breathing.
- Itching.
- Nausea & Vomiting.
- Dizziness.
- Constipation.
- Hypotension.
- Urinary retention.

Important Note: Inform your nurse immediately if you experience any discomfort.