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海外招請講演

## [IL(E)9]海外招請講演9

座長:布宮 伸(自治医科大学医学部麻酔科学・集中治療医学講座集中治療医学部門)

Fri. Mar 1, 2019 3:50 PM - 4:40 PM 第5会場 (国立京都国際会館1F Room D)

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### [IL(E)9]Pain management in critical care; why, whom, and how? -The role of CPOT

Celine Gelinas (McGill University, Canada)

【同時通訳付き】

Céline Gélinas, RN, PhD is Associate Professor at Ingram School of Nursing, McGill University, and Researcher at the Centre for Nursing Research and the Lady Davis Institute of the Jewish General Hospital in Montréal, Québec, Canada. Her expertise is related to pain assessment and management in the adult intensive care unit, and she is the developer of the Critical-Care Pain Observation Tool (CPOT). She has been involved in the development of pain management and critical care guidelines at the national and the international level, and was the leader of the pain section of the 2018 Society of Critical Care Medicine practice guidelines.

Pain is highly prevalent in critically ill patients and is complex to manage. Pain assessment is the first essential step to pain management. Although the self-report is the gold standard measure for pain, many patients are unable to self-report in the intensive care unit (ICU) due to their critical condition and altered levels of consciousness. In such situations, alternative measures must be used for pain assessment and monitoring.

The objectives of this presentation are to:

- a) Review a stepwise approach to pain assessment and appropriate tools
- b) Describe the use and recent development of the Critical-Care Pain Observation Tool (CPOT) with case studies

- c) Describe the strategies to improve pain management in critical care and further research steps

During this presentation, key elements from the recent 2018 Society of Critical Care Medicine practice guidelines for pain management will be addressed. A stepwise approach to pain assessment which includes appropriate tools to use in ICU patients, and the potential role of family members will be discussed. The CPOT will be described and its recent development in brain-injured ICU patients will be addressed. Attendees will have the opportunity to practice scoring with the CPOT using case studies and videos. Limitations of vital signs for ICU pain assessment will be discussed. Pain management strategies including the use of assessment-driven protocols, multimodal and preventive analgesia will be described. Finally, future steps in ICU pain management research will be highlighted.