Purpose:
Develop a pain management protocol that continues to keep pain scores at a manageable level, decreases the incidence of nausea, increases participation in rehabilitation, and decreases length of stay.

Background:
- Moderate to severe pain occurs in up to 90% of patients undergoing total joint replacement surgery
- Failure to provide adequate analgesia can impede rehabilitation
- Side effects from anesthesia and opiates can interfere with recovery, timely discharge, and participation in early physical therapy
- Utilizing peripheral nerve blocks improves analgesia after total joint replacement
- Using a multimodal approach to pain management provides adequate analgesia while minimizing side effects in hospitalized patients

Process:
- Reviewed literature for the current standard for perioperative anesthetic and pain management in patients undergoing total joint replacement
- Developed an evidence-based Total Joint Protocol medication regimen for the preoperative, intraoperative, and postoperative care of the total joint replacement patient
- Obtained approval by the Orthopedic Steering Committee, Department of Anesthesiology, Pain Clinical Specialist, and pharmacist
- Developed order sets for Preoperative and Postoperative Pain Management for Total Joint Replacement Surgery
- Educated ortho team including nurses and rehab on the new pain protocol
- Implemented the protocol in January, 2013
- Received IRB approval
- Collected data on patients who had total joint replacement procedures done prior to and after implementation of the new total joint replacement protocol
- Compared outcomes of total joint replacement patients pre-protocol and post-protocol

Results:
Patients on the new standard pain protocol had decreased length of stay, improved pain control, and a decreased incidence of nausea while maintaining their functional status and discharge disposition.

Conclusions:
- PCA’s are no longer used and a multimodal approach focusing on oral medications has been implemented
- Pain management is standardized through the use of the Total Joint Pain Management Order Set
- The standard pain protocol has been requested by physicians caring for patients outside the Total Joint Replacement population

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