



PATIENT-CONTROLLED ANALGESIA PCA PUMP

To better guide you

The use of a patient-controlled analgesia (PCA) pump is suggested by the anesthesiologist as a pain relief method after surgery.

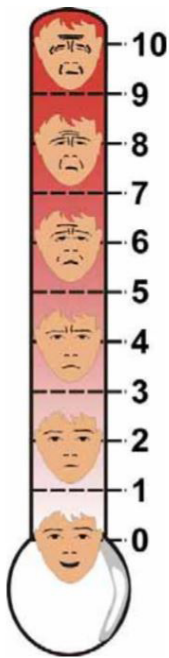
What is a PCA (patient-controlled analgesia) pump

It's a pump that lets you self-administer doses of pain medication (morphine) intravenously (into a vein).

Using a PCA pump, you decide when to administer the pain medication by pressing the button connected to the pump. The medication will take effect within 5-10 minutes.

Rating your pain

You can rate your pain on a scale of 1 to 10, where 1 is very mild, tolerable pain and 10 is excruciating pain. The higher the number, the more it's recommended you take a dose.



Pain intensity thermometer
(Gélinas, 2007)

Who can push the button?

The person who is prescribed the pump—in this case, you—is the only one who can push the button.

How does the pump work

The anesthesiologist adjusts the settings based on your physical parameters and medical history.

Each time you press the button and a dose is administered, you will hear a beep indicating that the request has been accepted and the infusion is in progress.



When can I push the button?

As soon as your pain starts to get worse or a few minutes before doing anything that's likely to increase your pain (standing up, going to the bathroom, breathing exercises, getting your dressing changed by the nurse). Don't wait until you're in severe pain before pushing the button; if you let the pain get worse, it will be harder to relieve.

Will the pump administer the medication every time I push the button?

NO.

The anesthesiologist has decided on the appropriate dose for you, as well as the lockout period between doses. If you push the button during the lockout period, you won't hear a beep or get a dose of the medication.



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What are the side effects of PCA?

- Nausea
- Vomiting
- Itchiness
- Drowsiness
- Headache
- Dizziness
- Constipation

If you develop nausea, vomiting, or itchiness, the nurse can give you medication to help. Since you decide when you push the button, you can space out your doses if you're feeling too drowsy.

What if I'm still in pain even after a dose?

If you've already taken several doses but the medication doesn't seem to be working, call the nurse for help.

Is it possible to overdose with a PCA pump?

The pump is set by the anesthesiologist, who calculated the safest dose for you based on several different factors. Your nurse will monitor you closely for the signs and symptoms of an overdose, although the risk is very low with a PCA pump.

What are the benefits of the PCA pump

- No delay in injecting medication;
- Rapid pain relief;
- Lets you get back on your feet faster;
- Safe, with no risk of overdose.

Can I become addicted to the pain medication given by the PCA?

No, because you'll only take the medication for a short period of time (**24-72 hours**) to relieve your pain after your surgery.

For more information, contact:

The nurse in the surgical unit or short-stay unit where you are admitted, the anesthesiologist, or your surgeon.

Don't hesitate! Let the staff know if you have any concerns; they'll be happy to answer your questions.

References:
Analgésie contrôlée par le patient (ACP), CSSS Jardins-Roussillon, 2014
Analgésie contrôlée par le patient, Institut universitaire de cardiologie et de pneumologie de Québec, 2021
L'analgésie contrôlée par le patient (ACP) pour le soulagement de la douleur, CHU Ste-Justine, 2019
Méthodes de soins informatisées (MSI) (2017), Cadre de référence sur la douleur pour le thermomètre de Gélinas

Our mission
To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision
Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals
The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values
Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.