Nurses’ evaluations of the Critical-Care Pain Observation Tool (CPOT) use at 12-month post-implementation in the ICU

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Purpose
To describe the nurses’ evaluation of the feasibility, clinical relevance, and satisfaction with the CPOT use 12 months after its implementation in the ICU.

Methods
Design
A descriptive study design was used.

Procedures
The CPOT was implemented in a medical-surgical ICU of CSSS Champlain-Charles-LeMoyne, Hôpital Charles LeMoyne at Greenfield Park, QC. At 12-month post-implementation of the CPOT, nurses who were trained for its use completed anonymously a self-administered evaluation questionnaire.

Critical-Care Pain Observation Tool (CPOT)
Four behavioral items rated from 0-2 for a possible total score from 0-8:
- Facial expression
- Body movement
- Compliance with ventilator or vocalization (intubated or not)
- Muscle tension


Results
Nurse participants
- Out of 60 ICU nurses who were trained for the CPOT use, 38 completed the self-administered questionnaire (63% participation rate; 3 were males)
- 61% received a college diploma in nursing
- 76% had received an education in pain management

Table 1: Nurses’ Responses to the Questionnaire About the Feasibility, Clinical Relevance, and Satisfaction with the CPOT Use in the ICU

<table>
<thead>
<tr>
<th>Question</th>
<th>Frequency (n)</th>
</tr>
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<tbody>
<tr>
<td>1. Is the CPOT quick to use?</td>
<td>0 3 17 18</td>
</tr>
<tr>
<td>2. Were the directives about the use of the CPOT clear?</td>
<td>0 2 18 18</td>
</tr>
<tr>
<td>3. Is the CPOT simple to understand?</td>
<td>0 1 19 18</td>
</tr>
<tr>
<td>4. Is the CPOT easy to complete?</td>
<td>0 0 18 20</td>
</tr>
<tr>
<td>5. Is the CPOT helpful for nursing practice?</td>
<td>1 7 19 11</td>
</tr>
<tr>
<td>6. Has the CPOT influenced your practice in assessing the patient's pain?</td>
<td>4 8 20 6</td>
</tr>
<tr>
<td>7. Has the CPOT allowed you to adequately evaluate pain in patients who are unable to communicate?</td>
<td>0 5 20 13</td>
</tr>
<tr>
<td>8. Has the CPOT allowed you to improve your practice in terms of pain management?</td>
<td>2 8 18 9</td>
</tr>
<tr>
<td>9. Has the CPOT helped you communicate effectively the results of the pain assessment to other members of the team?</td>
<td>1 7 17 12</td>
</tr>
<tr>
<td>10. How satisfied are you with the use of the CPOT in the ICU?</td>
<td>2 2 3 24</td>
</tr>
</tbody>
</table>

* This question has one missing data
** This question has three missing data

Evaluation of CPOT implementation strategies
- The educational training and clinical support were identified as the most helpful by 70-95% of ICU nurses
- The pocket card and poster were considered less useful

Conclusions
- ICU nurses rated the CPOT as quick to use, easy to complete, feasible and relevant in the daily nursing practice
- Accurate CPOT scores are contingent on training that ensures that nurses are skilled at assessing pain behaviors
- Training on the CPOT use should also be offered to other health care professionals involved in the care of ICU patients to facilitate effective interdisciplinary communication of pain assessment results
- Other implementation strategies should be explored to improve the decision-making process regarding pain management

For more information about the CPOT, please contact the author at celine.gelinas@mcgill.ca