

### #34: Pain Management of Substance using Trauma Patients and the Impact on Nurses: A Systematic Review

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**Background:** WHO and DHHS have identified traumatic injuries, pain management, and substance use as major public health crises. Trauma patients with a history of substance use undergoing pain management create a nexus that challenge nursing care. The aim of this systematic review was to determine the current state-of-the-science related to nurses' responses to the unique needs of this trauma patient population.

**Methods:** PubMed, CINAHL, ProQuest Nursing and Allied Health Source, PsychINFO, Web of Science, Academic Search Complete, The Cochrane Library, and Science Direct were searched for articles published between 1990 and 2015. Search terms were trauma OR injury; pain OR pain management; substance abuse OR substance use OR drug abuse; nurses' attitudes OR perceptions. Inclusion criteria were English language and peer-reviewed journal articles. Exclusion criteria included neonates, children, mental illness, and PTSD. Methodological screening used PRISMA, COREQ, and STROBE criteria. Quantitative and qualitative literature were included for review. Full text review of 58 articles resulted in 45 articles for systematic review. Metasynthesis techniques were used to interpret and analyze the findings.

**Results:** Study populations included mixed health professionals (physicians, medical residents, nurses, nurse's aids), nurses and physicians, nurses only, and nursing students. The studies were primarily descriptive, cross-sectional surveys (n= 18), qualitative (n=9), quasi-experimental studies (n=3), literature reviews (n=14), and one case study. Overall, the synthesis highlights that nurses feel responsible for providing adequate care to substance-using patients, however, they perceive these patients are under-assessed and under-medicated. In addition, caring for trauma patients results in nurse burnout and emotional exhaustion. No studies included all three of the search terms in one study.

**Conclusion:** Caring for the complex needs of trauma patients can be physically, intellectually, and emotionally burdensome for nurses. Combining the negative aspects of caring for substance-using patients with the already difficult task associated with caring for traumatic injuries presents nurses with a challenge.