Surgical and Anaesthetic Division

Patient Controlled Analgesia

Pain Service

What is Patient Controlled Analgesia (PCA)?

PCA stands for Patient Controlled Analgesia. PCA is a technique which allows you to give yourself a dose of strong painkiller (usually morphine)

PCA Pump



PCA pump used at Calderdale Royal Hospital and Huddersfield Royal Infirmary

How does it work?

The painkiller is in a machine which is attached to a cannula (a small plastic tube) into a vein in your arm or hand. You will have a handset with a button which when pressed will deliver a small dose of the painkiller straight into your vein.

Can I give myself too much?

The pump is programmed to give a small amount of the pain killer when the button is pressed. Once the pump delivers the dose it will 'lockout' (shutdown) for five minutes to give the pain killer time to work. This is a safety mechanism of the pump so if you press the button in the five-minute interval you will not receive any more, this stops you from overdosing. After the five minute lockout period has ended the button on the handset will show a green light meaning the PCA is ready to use again.

It is also important that you do not let anyone press the button for you as doing so may mean you get too much of the painkiller

compassionate care

Will I be pain free?

When you have pain you can press the button every 5 minutes until the pain eases. If you are due to have a procedure that you think may cause pain then press the button a few minutes before the procedure.

It may not be possible for you to be completely pain free, but it is important that you are able to take a deep breath, cough and move comfortably. This will reduce the risk of you developing problems such as a chest infection or blood clot developing in your legs (known as a Deep Vein Thrombosis or DVT).

You will be able to walk about with the pump connected to you as this clamps to a drip stand and will run on battery when not plugged into the mains supply. For your own safety you are not permitted to leave the ward with a PCA pump unless you require an investigation such as an X-ray. If you do choose to leave the ward the PCA will require discontinuing but alternative analgesia will be provided

Remember: Do not wait until the pain is severe before pressing the button. For this method to be effective, it is important for you to press the button before your pain becomes unbearable.

Can I become addicted?

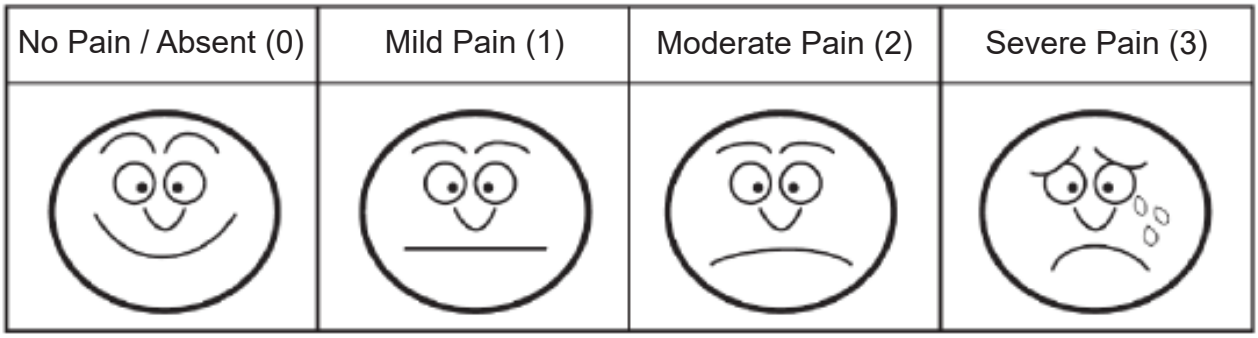
Addiction is extremely rare as long as you use the medicine to help the pain. You will only be on PCA for a relatively short period. Patients are regularly monitored using PCA and this method has been used safely within this Trust for many years.

Are there any side-effects?

The most common side-effects are drowsiness, sickness, itching and constipation. All side-effects can be treated so it is important you let the Doctors or Nurses know if you have any of these problems.

What if my pain is not controlled?

The Nurses will routinely ask about you pain. They will ask you to score you pain from 0-3. 0 meaning 'no pain' and 3 is 'severe' meaning the worst pain you could imagine.



When asked to rate your pain from 0-3 try imagining this diagram to help guide your answer

This method of rating your pain score does not suit everyone. If this is the case there are different methods and tools available. These can be discussed with your Doctor or Nurse.

If you have any comments about this leaflet or the service you have received you can contact :

Pain Service
Calderdale Royal Hospital

Telephone (01422) 224085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"