

Presenter: Alyssa Williams

Session & Time: E-Poster

Room/Time: GUZ 113 & 114 / 3:30-4:30

Discipline: Nursing

Faculty Mentor: Olivia Catolico

Digital Portfolio URL:

Title: Advancing Patient Well-Being Through Effective Pain Management

Abstract:

This poster highlights the importance of effective pain assessment and management and its connection to the global health priority of promoting well-being through the United Nations initiative Sustainable Development Goal 3: Good Health and Well-Being. Pain is a complex physiological and psychological response to tissue injury or potential harm that can significantly affect recovery, healing, and overall quality of life if not properly managed. SDG 3 focuses on ensuring healthy lives and promoting well-being for people of all ages, which includes improving quality of care, preventing complications, and addressing factors that

negatively impact patient health. Effective pain management is directly related to this goal
because uncontrolled pain can activate the bodyâ€™s stress response, increase oxygen demand,
delay healing, and worsen clinical outcomes. Critically ill trauma patients, particularly those who
are mechanically ventilated or otherwise unable to verbally communicate, are especially
vulnerable to unrecognized and untreated pain. This poster presents a case study of a 38-year-old
female admitted to the intensive care unit following a motor vehicle accident requiring
emergency abdominal surgery and treatment for multiple deep lacerations. Because the patient
was intubated and unable to self-report pain, nurses used objective assessment strategies, and
monitoring physiologic indicators such as elevated vital signs as well as behavioral indicators
such as restlessness. A multimodal pain management approach was implemented, including
pharmacologic and non-pharmacologic interventions. Following these interventions, the patient
demonstrated decreased agitation, stabilization of vital signs, and improved comfort. Key
recommendations for improving patient outcomes include consistent use of validated behavioral
pain assessment tools for nonverbal patients, implementation of multimodal analgesia to reduce
complications associated with untreated pain or excessive opioid use, and ongoing nursing
assessment and collaboration. These practices support improved recovery, enhance patient
comfort, and contribute to advancing the global health objective of promoting well-being for all.