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Brayden Ottenbreit Close Cuts for Cancer Local Initiatives donate \$6,696 to purchase a Patient Controlled Analgesia (PCA) pain medication infusion pump

Yorkton – Patient-controlled analgesia (PCA) is any method of allowing a person in pain to administer their own pain relief.

The **Patient Controlled Analgesia** pump or PCA is a special computerized infusion pump that holds pain medication and delivers it through an intravenous line (IV). The pump enables the patient to give themselves pain medication and to control the amount of medication being received for pain relief. Pain control helps the natural healing process and decreases anxiety in the patient.

We are very pleased to receive this donation, to begin our fundraising campaign for these PCA pumps. PCA pumps have been in use since the early 1970's and have been the standard of care for patients with intense pain for the last 8 years. Sunrise has had several of the pumps on trial in the regional health centre for the last few months and staff and patients have found them to be very effective.

“It is time we had this technology here and available to patients in the regional health centre,” said Ross Fisher, Executive Director of The Health Foundation. We need six of these pumps, but the purchase of the first one is key to beginning the fundraising program and getting all of the pumps in place,” he continued. “We are grateful to Leone and Greg Ottenbreit for again working with us, and directing funds from the Local Initiatives Program of Brayden Ottenbreit Close Cuts for Cancer to help us get this program underway.”

“We are very pleased to support this program, it is clearly something that will benefit patients, increasing their comfort and assisting their recovery,” said Greg Ottenbreit. “In addition to better pain management for the patient, the PCA pumps will also help nurses by giving them the tools they need to give the patients the best care possible.”

“These PCA pumps have been trialed in the hospital for the last few months, and our nurses want them because they enable them to provide a better level of care to their patients. We want to support our nurses and other care givers by making sure they have the tools they need to look after their patients and give them as much comfort and care as possible,” continued Mr. Ottenbreit.

“Supporting this type of program is the whole point of the Local Initiatives,” continued Leone Ottenbreit. “People wanted to support the Brayden Ottenbreit Close Cuts for Cancer, but many of them wanted to be able to direct their donation to be used locally.”

“This is the type of program people like to see supported. There is a clear benefit to cancer patients with these PCA pumps, but also they have a wider application and will be used by other patients in the hospital, not just cancer patients. That’s what you want to see when you buy medical equipment; you want to know it will be used”, she continued.

“PCA can be used for both acute and chronic pain patients. It is commonly used for post-operative pain management, and for end-stage cancer patients. The regional health centre needs pumps in both categories and six pumps will be fully utilized,” said Mr. Fisher.

The patient is the key to managing pain with the PCA pump because only the patient really knows how they feel. The PCA allows you to adjust your medication to provide a level of comfort that is right for you. The patients’ doctor and nurse will set the medication levels with the patient. They will depend on the patient to describe their pain in four ways:

- What hurts? • Where does it hurt? • When does it hurt? • How much does it hurt?

The patient is asked to rate their pain on a scale from 0(no pain) to 10 (the worst pain you can imagine). Those responses help to guide the doctor and the nurse in setting the dosage of pain medication.

There are three ways your pain medication can be delivered:

1. Through a continuous set rate.
2. Through a set rate with additional doses that you give yourself as needed.
3. Through doses that you give yourself as needed without a set continuous rate.

After each dose, the pump is set to wait several minutes before another dose can be given. This protects the patient from receiving too much medication.

It is important to note that research studies have shown that patients who utilize the PCA pump actually use less pain medication. As the patient’s condition improves and the pain lessens, the doctor will change the pain medications to be taken by mouth.

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For further information, please contact Ross Fisher, Executive Director, at 786-0507

Pictures from this presentation can be found on www.thehealthfoundation.ca

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