

# WAKE UP!

MANAGING PAIN AND SEDATION TO ENSURE  
PATIENTS ARE AWAKE ENOUGH TO GET UP

[www.fha.org/wakeup](http://www.fha.org/wakeup)

**W**

**WARN YOURSELF:** this is high risk.

**A**

**ASSESS:** use tools (STOP BANG, POSS, RASS, PA-PSA).

**K**

**KNOW:** Your drugs, Your patient.

**E**

**ENGAGE:** Patients and Families to set realistic pain expectations, use of non-sedating analgesics, risks of opioids.

**U**

**UTILIZE:** dose limits, layering limits, soft and hard stops.

**P**

**PROTECT:** The Patient...our ultimate job.