

# WAKE UP!

Managing pain and sedation to ensure patients  
are awake enough to get up  
[www.fha.org/wakeup](http://www.fha.org/wakeup)

## FHA Mission to Care Hospital Improvement Innovation Network WAKE UP “Must Do” News: **MUST DO #2** Jun. 5, 2018

### MUST DO #2 – Pair POSS & Pain

The [Pasero Opioid-Induced Sedation Scale \(POSS\)](#) was created by a nurse who recognized that opioid administration can cause severe respiratory depression, which cannot be predicted by use of a pain scale alone when managing opioid dose requirements. Use of both a sedation and pain scale together allow for much safer dosing. POSS has been likened to a “Goldilocks Scale,” allowing for evaluation of when the patient experiencing pain is under medicated (not happy), over medicated (hibernating) or slightly sedated and able to receive additional pain medication (just right). Consideration should be made for more than just opioids. The following drug classes may also cause over-sedation:

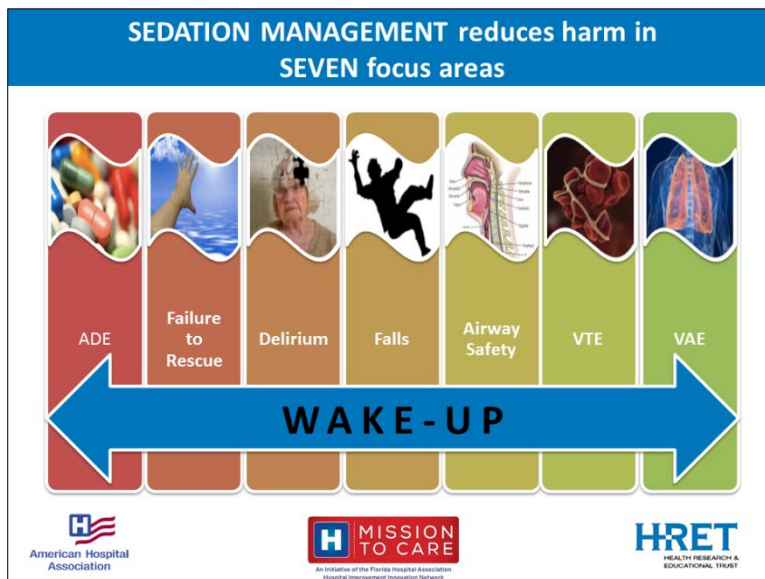
- Antihistamines/anticholinergics
- Antipsychotics
- Some antidepressants
- Antiemetics
- Muscle relaxants

### WAKE UP Resources

UP! [Assessment of Sedation during Opioid Administration for Pain Management](#) (*Journal of PeriAnesthesia Nursing*, Vol 24, No 3 (June), 2009.)

UP! [FHA WAKE UP Toolkit and Resource Guide](#)

UP! [MUST DO #1 | Establish Expectations](#)



Don't forget to also visit the [WAKE UP Website](#) for more tools and resources including: Topic-specific change packages and checklists, journal articles, intervention materials and virtual events.

## Tools You Can Use!

FHA Mission to Care (MTC) HIIN has developed various **WAKE UP campaign tools to support ongoing awareness and the importance of opioid and sedation management.** Take advantage of these free campaign tools, and promote WAKE UP throughout your organization:

- ▶ [Customizable Posters](#) (Add your own logo) | [Print-ready Posters](#)
- ▶ [Harm Prevention Flyer](#)
- ▶ [Badge Cards](#)
- ▶ [E-mail Banner](#)
- ▶ [Social Media Messaging](#)

Each participating HIIN hospital may request a FREE SET of pre-printed 11" x 17" posters to display throughout your facility (email [HIIN@fha.org](mailto:HIIN@fha.org) with the contact person and mailing address to receive your free posters).

## Florida UP Campaign

The Florida UP Campaign kicked off with [SOAP UP](#), followed by [GET UP](#), and is now focused on [WAKE UP](#), which will run until June 30, 2018. Member hospitals have access to educational events, podcasts, innovative ideas and best practices. In addition, there are various tools and resources available for hospitals to utilize on the [Florida UP Campaign Website](#) including: posters, banners, templates and social media language to use for promoting the UP Campaign components across your organizations.

**Remember, the foundational questions of the UP Campaign are:**

1. **Is my patient awake enough to get up?**
2. **Have I protected my patient from infections?**
3. **Does my patient need any medication changes?**



An Initiative of the Florida Hospital Association  
Hospital Improvement Innovation Network

### Contact Us:

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**We welcome your requests to be added to FHA UP Campaign Newsletters!**