

# PAIN MINIMISATION TOOLS & ARF MANAGEMENT – MIWATJ HEALTH ABORIGINAL CORPORATION

NTCQI Collaborative - Alice Springs 2023



## OVERVIEW



Discuss piloting the 'Boss of My Body' checklist for LA Bicillin injection pain minimisation at Miwatj

Amendments to the LA Bicillin Clinical item in Communicare

Development of a suspected ARF clinical item

Proposal for an ARF surveillance system at Miwatj

# SECONDARY PROPHYLAXIS LA BICILLIN ADHERENCE



## Issue

A number of Miwatj ARF/RHD patients receiving < 50% of their LA Bicillin injections as per NT RHD Control program quarterly adherence reports

## Barriers

Pain

Discomfort

Distress

## Risk

High clinical  
staff turnover



Limited  
knowledge  
about pain  
minimisation  
Strategies



Potential risk  
of ARF  
Recurrences if  
not receiving  
all prescribed  
injections

# BOSS OF MY BODY PAIN MINIMISATION & DISTRACTION TOOL



- Tool supports patients' choice about how they receive their LA Bicillin injection
- Developed to support LA Bicillin adherence
- Ensures patients are offered a range of pain minimisation & distraction techniques
- Supports clinicians in offering a range of pain minimisation strategies & distractions to patients when receiving their injection

Today is injection day  
**I AM THE BOSS OF MY BODY!**

**WHO IS GIVING ME MY INJECTION?**

Man ☐ Woman ☐ I don't mind ☐ The person I usually see is:

**WHERE I AM HAVING THE INJECTION?**

Upper buttock ☐ Hip ☐ Thigh ☐

**I LIKE - before the injection**

Numbing cream or spray ☐ Tell me when you are going to start ☐ Don't tell me when you are going to start ☐ Pain Medication ☐ Numbing medication in my injection ☐ Cool down needle ☐ Warm up needle ☐

**I LIKE - during the injection**

Bubbles ☐ Reading ☐ Videos/music ☐ Holding hands/cuddles ☐ Buzzy bee ☐ Give SLOW ☐

Quiet - please don't talk with me ☐ Talk with me ☐ Ask me questions ☐ Relaxation/distraction ☐ Cold pack ☐ Heat pack ☐ Shot blocker ☐

**I LIKE - after the injection**

Cold pack ☐ Heat pack ☐ Pain medication ☐ Cuddles ☐

## BOSS OF MY BODY KIT – ITEM LIST & COSTING



Product	Cost	Process of ordering
Buzzy Bee	\$100-\$134.99	<a href="#">What is the difference between HEALTHCARE and PERSONAL Buzzy? – Buzzy4Shots Australia and New Zealand</a>
Elma cream 5% cream tubes Elma Patches	Unknown	Territory Pharmacy- Not on impress TSS Stores
Shot blocker	\$71.28 c for box of 50	<a href="#">Bionix ShotBlocker — Medshop Australia</a>
Cool packs/Icepacks	Free	Clinic pathology rooms in freezers/fridges
Heat packs	\$4.25 each	<a href="#">Instant Heat Pack Disposable — Medshop Australia</a>
Bubbles	\$5.50 for 24 pack	<a href="#">24 Pack Bubbles - Kmart</a>
Distraction Therapy	\$5.00 each \$3.00 each	<a href="#">Rainbow Pinart - Kmart</a> <a href="#">Fidget Pop N Spin Assorted - Kmart</a>
Tablets	\$377.00 each	<a href="#">Samsung Galaxy Tab A8 WiFi 64GB Grey   Officeworks</a>
Tablets	\$198.00 each	<a href="#">Lenovo Tab M10 HD 10.1" 2GB RAM &amp; 32GB eMMC Tablet Black   Officeworks</a>
Colour pens & Colour book	Unknown/Donation	RHDAustralia Starlight foundation
Storybooks	Unknown/Donation	<a href="#">Book supply   Indigenous Literacy Foundation</a>
Plastic Tub	\$6.00 each	<a href="#">Smooth and Shiny Small Plastic Tub - Kmart</a>
<b>Approximate total cost</b>	<b>\$535 per box</b>	

## Boss of My Body Checklist: Rationale for amendment to Communicare Clinical item



# SPECIFICATIONS FOR AMENDED LA BICILLIN CLINICAL ITEM



Mandator y	Qualifier	Response	
	Commen t	Free text as per currently exists	
	Planned Date	Date field as per current item	
	Responsi bility	Date field as per current item	
	Performe d date	Date field as per current item	
	Follow up to a health check	Date field as per current item	
	Follow up to a chronic condition	Date field as per current item	This item will be kept but a business rule confirmed with Medicare team cannot claim if injection is only component of clinical visit and no other progress notes <a href="#">Practice nurse items - Health professionals - Services Australia</a>
	Penicillin allergy		This items will be removed as it is not consistent with allergy monitoring and documenting in the rest of Communicare
<b>Highlight</b>	Route and site	field as per current item	
<b>Highlight</b>	Batch	field as per current item	
<b>Highlight</b>	Expiry Date	field as per current item	
<b>Highlight</b>	Is there a suspecte d ARF?	Yes / no	Trigger automatic recall for suspected ARF (item not yet exist)

	Assessment- Assess the patient for recurrence of acute rheumatic fever		
	Any recent sore throat?	Yes/no	
	Any recent joint pain?	Yes/no	
	Any recent fever?	Yes/no	
	Any recent skin sores?	Yes/no	
	Any recent shortness of breath?	Yes/no	This is in the old clinical item
	Any recent swelling of ankles?	Yes/no	This is in the old clinical item
<b>Highlight</b>	Is there a suspected ARF?	Yes/no	This is in the old clinical item

# INJECTION BICILLIN LA-RHD ONLY- NEW CLINICAL ITEM SPECIFICATIONS



<b>Pain minimisation</b>	<b>(Click preferences chosen)</b>	
Lidocaine Cream/spray (topical)	Radio button	
Tell me when you are going to start	Tick box	
Don't tell me when you are going to start	Tick box	
Pain medicine – pre injection	Tick box	
Lidocaine in the injection	Radio button	Instructions for administering BPG injection with lidocaine(lignocaine) can be found here (add CARPA Link)
Warm up needle	Radio button	
<b>Distraction techniques</b>		
Bubbles	Radio button	
Reading	Radio button	
Video/music	Radio button	
Holding hands/cuddles	Radio button	
Buzzy bee	Radio button	
Quiet – please don't talk with me	Radio button	
Talk with me	Radio button	
Ask me questions	Radio button	
Relaxation as distraction	Radio button	
Cold pack	Radio button	
Shot blocker	Radio button	
<b>Post injection</b>		
Cold pack	Radio button	
Warm pack	Radio button	
Pain medicine – post injection	Radio button	



# AMENDED CLINICAL ITEM – ‘INJECTION;LA BICILLIN – RHD ONLY’



Add Clinical Item - ADOLESCENT TEST, TEST 26yrs Fictitious Patient Female

### Injection;Bicillin LA- RHD only

This is intended for use for ARF/RHD only - if giving bicillin for other reasons please use the prescribing module or the clinical item "Injection;Bicillin LA"

Maida Stewart, Darwin Office (Administration - no client contact) 15/11/2023 11:35:24

Comment

Display on Main Summary  
Display on Botnetic Summary

Performed date

Follow up service provided by a nurse or AHP, on behalf of a GP, for an Indigenous person who has received a health assessment where the service is consistent with the needs identified through the health assessment.

Follow up service for Health Check?  ( 05/06/2023 Yes - 10987 )

Service provided to a person with a chronic disease by a nurse or an AHP where the person has a GMP/TCA in place and the service is consistent with the care plan.

Follow up service for chronic condition?  ( 05/06/2023 Yes - 10997 )

Route and Site  ( 27/10/2023 Deltoid IM Left Side )

Batch No.  ( 01/03/2023 12345 )

Expiry date  ( 01/03/2023 01/01/2025 )

### Assessment - Bicillin LA Injection (RHD)

Assess the patient for recurrence of acute rheumatic fever

Any recent sore throat?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Any joint pain?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Any recent fever?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Any recent skin sores?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Any recent shortness of breath?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Any recent swollen ankles?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Is there a suspected ARF?	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )

### (BoMB) Patient injection preferences

Boss of My Body

Pain minimisation / distraction supports declined

(BoMB) Declined  ( No previous values )

Pain minimisation distraction supports not available

(BoMB) Not available  ( No previous values )

Pain minimisation supports not offered

(BoMB) Not offered ☐ ( No previous values )

### (BoMB) Pain minimisation

Click preferences chosen

(BoMB) Lidocaine Cream/spray (topical)	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
Tell me when you are going to start	<input type="checkbox"/>	( No previous values )
(BoMB) Tell me	<input type="checkbox"/>	( No previous values )
Don't tell me when you are going to start	<input type="checkbox"/>	( No previous values )
(BoMB) Don't tell me	<input type="checkbox"/>	( No previous values )
(BoMB) Pain medicine - pre injection	<input type="checkbox"/>	( No previous values )
Instructions for administering BPG injection with lidocaine (lignocaine) can be found in CARPA		
(BoMB) Lidocaine in the injection	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Warm up needle	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )

### (BoMB) Distraction techniques

(BoMB) Bubbles	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Reading	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Video/music	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Holding hands/cuddles	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Buzzy bee	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Quiet - please don't talk with me	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Talk with me	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Ask me questions	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Relaxation as distraction	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Cold pack (distraction)	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Shot blocker	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )

### (BoMB) Post injection

(BoMB) Cold pack (post injection)	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Warm pack	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )
(BoMB) Pain medicine - post injection	<input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> Blank	( No previous values )

Viewing right: Care Plan

## PROPOSED NEW CLINICAL ITEM 'ARF; SUSPECTED

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Currently developing a new clinical item – ARF; Suspected

Use with patients presenting with ARF symptoms

Add automated recall to ensure patients are not lost to follow up

Clinical item provides a comprehensive clinical 'work up' for a suspected ARF

Information recorded in the clinical item can be attached to patients ED referral letter when transferred to hospital

# CLINICAL ITEMS SPECIFICATIONS



Mandatory item Y/N	Item Name	Item detail	Comments
Acute Rheumatic Fever is a notifiable disease for all suspected ARF please advise the NT RHD Register  All Suspected ARF requires transfer within 72 hours.  For Diagnosis refer to CARPA page XX Other reference 2020 RHD Guidelines and Diagnosis app	ARF; Suspected		
	From date		This should date of presentation with ARF symptoms
	ARF Episode History		
	Any recent sore throat? (Last 2-3 weeks)	Y/N	
	Sore throat details	Short text box	
	Recent skin sores (last 2-3 weeks)?	Y/N	
	Skin sore details	Short text box	
	Details of any treatment (medications) for preceding sore throat or skin sores	Long text box	
	ARF History		
	History of previous ARF?	Drop down. Y/ N	
	Known RHD?	Drop down. Y/ N	
	Any immediate family with history of ARF?	Drop down. Y/ N	
	ARF Symptom Check		
	Onset date of ARF Symptoms (date symptoms started)	Date field	Enter the date that patient reports symptoms started
	Joint pain history (include date, name of joint(s) and duration)	Long text field	
	Joint pain description (tick one box only)	Tick boxes	

	Onset date of ARF Symptoms (date symptoms started)	Date field	Enter the date that patient reports symptoms started
	Joint pain history (include date, name of joint(s) and duration)	Long text field	
	Joint pain description (tick one box only)	Tick boxes Aseptic monarthritis (single joint, pain AND swelling and heat only) Mono-arthritis (single joint, pain only) Polyarthralgia (multiple joints pain only) Polyarthritis (multiple joints, pain AND swelling or heat)	
	ECHO (carditis symptom check) performed	Yes/ No / pending	
	Echo date	Date field	
	Chorea	Drop down. Yes/no/suspected	
	Subcutaneous Nodules	Drop down. Yes/no /suspected	
	Erythema Marginatum	Drop down. Yes/no /suspected	
	Investigations performed		
	Pathology taken	Yes/ no/ unable	have link to pathology form for ARF pathology subset
	ESR> 30mm/hr	Drop down. Yes No Result pending Not collected	
	CRP>30mg/L	Yes No Result pending Not collected	
	Elevates ASOT or Anti-DNase B (see guidelines for age thresholds)	Yes No Result pending Not collected	
	Temperature	Use current qualifier	
	Reported fever	Yes/no	

	Reported fever details (fever details and any treatment)	Short text box	
	ECG- Record PR interval	Number field 3 digits	
	ECG- any other abnormalities recorded	Yes/no/ Unable to perform	
	Additional assessment		
	Any recent shortness of breath?	Yes/no	
	Any recent swelling of ankles?	Yes/no	
	ARF Consult	Tick box DMO Paediatrician Paediatric Cardiologist Cardiologist Infectious Diseases Physician	
	LA Bicillin- RHD Only		Enter date of last BPG injection
	Hospital transfer	Yes / no / pending	
	Hospital transfer details	Long text box	
	Diagnosis confirmed	Tick box Diagnosis confirmed. Diagnosis pending Diagnosis ruled out.	
Mandatory	Diagnosis finalised (confirmed or ruled out)	Tick box Yes	If this cannot be ticked this means the item will stay as an outstanding recall

# PROPOSED ARF SURVEILLANCE SYSTEM

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- Weekly automated report to be generated each week with list of patients who have outstanding ASOT & Anti DNase B blood investigations for a suspected ARF
- Check if these blood results have been received, reviewed & actioned by GP
- Any results not reviewed/actioned will be escalated to the GP for actioning
- System will ensure that patients with a suspected ARF are followed up in a timely manner & to determine if ARF is 'confirmed' or 'ruled out'
- Assist in early identification of ARF outbreaks



For more information/electronic copies of hand-outs & the  
'Boss of My Body' checklist please email

[maida.stewart@miwatj.com.au](mailto:maida.stewart@miwatj.com.au)

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THANK YOU

Questions/Comments?