



## Prehospital Pain Management in Traumatic Injury A MLREMS Regional Quality Improvement Initiative

### Background

Effective pain management is a critical part of high-quality trauma care. Patients experiencing traumatic injuries frequently suffer from significant pain, and prehospital clinicians play an essential role in assessing and reducing that pain. National data—and our own local performance—show that EMS systems often fall short in providing consistent, effective pain relief.

### Baseline Regional Performance

An initial review of regional data from the first six months of 2025 demonstrates important opportunities for improvement:

- **Pain Assessment:** 67% of eligible trauma patients had a pain score recorded
- **Pain Intervention:** 15% of patients with severe pain (score  $\geq 7$ ) received any documented pain management intervention, either ALS or BLS
- **Pain Reduction:** Of those with severe pain, only 12% experienced a meaningful reduction ( $\geq 2$  points) in their pain score

### Regional Improvement Goals

Over the next 12-18 months, our region will focus on achieving the following targets:

- **Pain Assessment:** At least 90% of eligible trauma patients assessed for pain.
- **Pain Intervention:** At least 75% of patients with severe pain (score  $\geq 7$ ) receive a pain management intervention (BLS or ALS).
- **Pain Reduction:** At least 50% of patients with severe pain achieve a pain reduction of at least 2 points.

These goals are ambitious but achievable and align with best practices in prehospital care. Achieving these goals would result in ~ 2500 more injured patients per year experiencing significant pain relief.

### Why This Matters

Improved pain management will directly reduce patient suffering, standardize care across agencies, and support our clinicians in providing the high-quality, compassionate care they are committed to delivering.

### Call for Participation

Improvement in this area will require collaboration across agencies. We are seeking to form a dedicated workgroup on Prehospital Pain Management in Traumatic Injury. We invite frontline EMS clinical clinicians and agency leadership to join our effort in shaping, testing and implementing regional strategies.

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### **Next Steps**

If you or members of your agency are interested in participating, please contact Maia Dorsett at [Maia\\_Dorsett@URMC.Rochester.edu](mailto:Maia_Dorsett@URMC.Rochester.edu).

In addition, any EMS leadership or EMS clinicians are invited to attend the following two meetings where we will review our regional performance, brainstorm and prioritize ideas for improvement. Please pass on to your frontline EMS clinicians.

September 30<sup>th</sup> 1pm-2pm via Zoom:

<https://urmc.zoom.us/j/97992323449?pwd=fAWNhCngThSstaHq2sDCKL4dDeFkKI.1>

October 2<sup>nd</sup> 6:30pm-7:30pm via Zoom:

<https://urmc.zoom.us/j/94496257890?pwd=76CnXkXwJVVP4azy88Lur45zoXhxfb.1>

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