

PROGRAM BEBAS KESAKITAN HOSPITAL DI NEGERI SELANGOR



Kementerian Kesihatan Malaysia
Jabatan Kesihatan Negeri Selangor



**PAIN FREE
PROGRAM**
Transformasi Konsep Rawatan
Pelanggan Bebas Kesakitan

Cawangan Kualiti Penjagaan Perubatan, Bahagian Perubatan,
Jabatan Kesihatan Negeri Selangor
Tahun 2024

PAIN FREE JOURNEY

1993

- Acute pain services (APS). Introduced in Hospital Kuala Lumpur.
- An integral part of pain management services in all MOH hospitals with Anesthesiologist

2008 - 2011

- MOH started implementing Pain as 5th Vital sign in all MOH Hospital
- Director General of Health's circular (9/2008), Mandatory to monitor Pain as 5th Vital Sign.

2010

- Declaration of Montreal (International Pain Summit 2010).

“Access to pain management is a fundamental Human Right”

2011

1st National Launching of Pain Free Hospital

Introducing the concept of “Pain Free Hospitals”

3 Pilot Hospital
HRPB Ipoh
Hospital Putrajaya
Hospital Selayang

2016-2020

30 Pain Free Hospitals

2016 National symposium including introduction P5VS to Primary Care and Allied Health

Directive of DG of Health:

(30 Aug 2017)

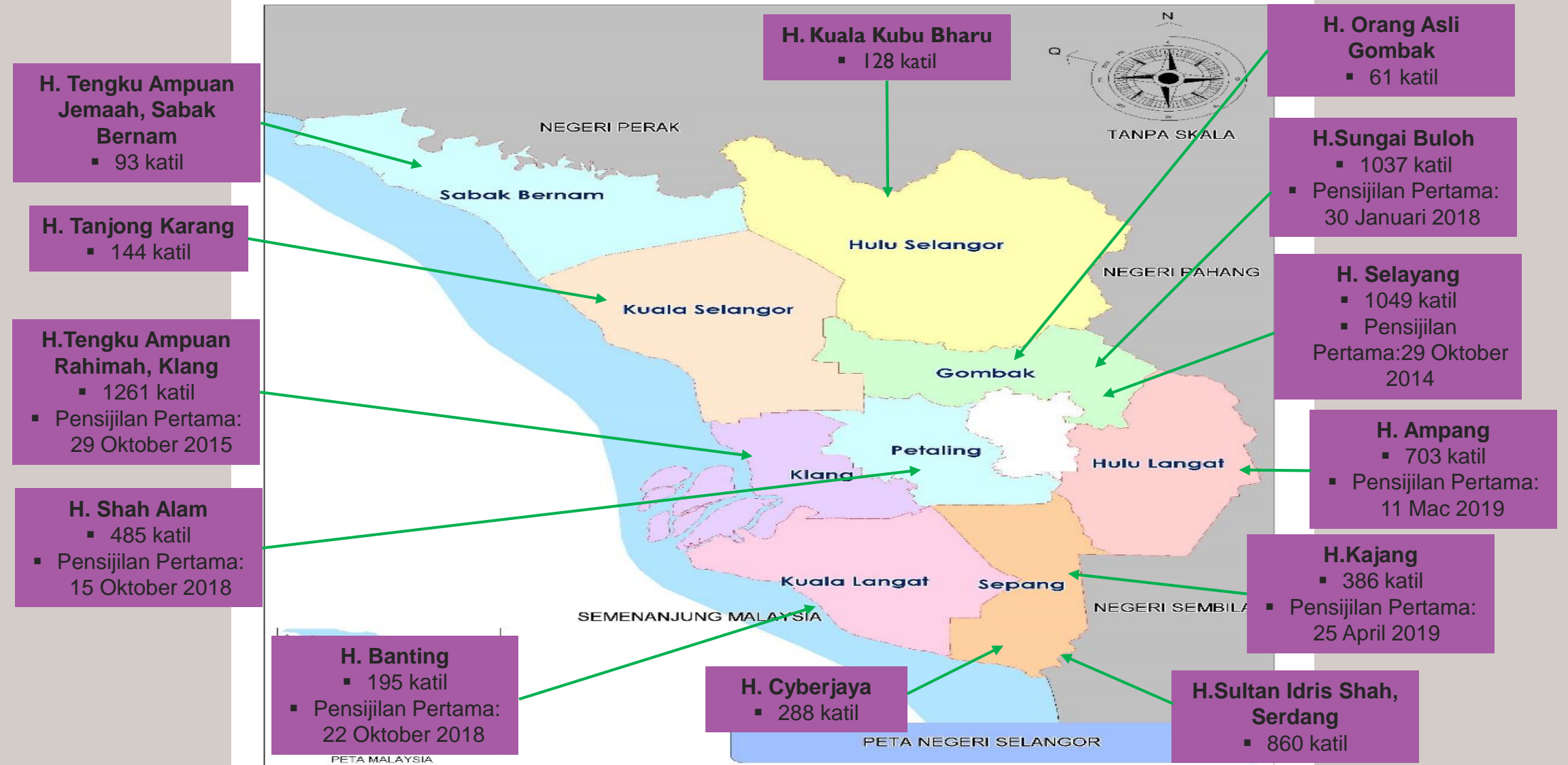
Strengthening of P5VS to all MOH's facilities.



Konsep *Pain Free Hospital* atau Hospital Bebas Kesakitan menggalakkan pengurusan kesakitan secara holistik dengan menggunakan pendekatan *multidisciplinary team* yang menggabungkan penambahbaikan dalam teknik pembedahan dan anestetik, serta farmakologi dan bukan farmakologi termasuk *traditional and complementary medicine* untuk melegakan kesakitan.

KONSEP
PAIN FREE
HOSPITAL

PAIN FREE HOSPITALS & HOSPITAL YANG MENGAMALKAN PAIN FREE PROGRAMME DI NEGERI SELANGOR



Sumber : Pusat RND, Unit Perancangan Ekonomi Negeri Selangor




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Jabatan Kesihatan Negeri Selangor



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DASAR POLISI MENGENAI PROGRAM BEBAS KESAKITAN JABATAN KESIHATAN NEGERI SELANGOR

1. Akses kepada pengurusan kesakitan adalah hak pesakit dan harus diberikan kepada semua pesakit tanpa diskriminasi.
2. Semua pekerja kesihatan perlu dilatih secara berterusan mengenai penilaian dan pengurusan kesakitan yang optimum.
3. Kami berusaha untuk melaksanakan Pain as the 5th Vital Sign dan memastikan bahawa penilaian kesakitan adalah mengikut ketetapan sesuai garis panduan.


Dr Faizal bin Mat Arifin, A.I.S, No.MPM: 40199
Timbalan Pengarah Kesihatan Negeri (Perubatan)

Tarikh: 26 Mac 2024




Kementerian Kesihatan Malaysia
Jabatan Kesihatan Negeri Selangor



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POLICY STATEMENT ON PAIN FREE PROGRAMME SELANGOR STATE HEALTH DEPARTMENT

1. Access to pain management is a patient's right and should be made available to all patients without discrimination.
2. All healthcare workers should be continuously trained on optimum pain assessment and management.
3. We strive to implement Pain as the 5th Vital Sign and ensure that pain assessments are according to standardized protocols.


Dr Faizal bin Mat Arifin, A.I.S, No.MPM: 40199
Deputy State Health Director (Medical)

Date: 26 March 2024



PAIN FREE PROGRAM

MENUJU KE ARAH
HOSPITAL BEBAS
KESAKITAN



PAVING
THE PATH OF
PAIN FREE
HOSPITAL



2024

Perancangan & Pelaksanaan
Pensijilan Semula
Hospital Bebas Kesakitan
Peningkatan Kualiti
Perkhidmatan kepada
Pesakit



Kemandirian
Program Bebas
Kesakitan Hospital
Kesakitan Hospital
bergerak ke arah
kelestarian

2023

2022

Pengamalan 5th Vital Sign
Awareness Program
Amalan & Pencapaian
Audit Dalaman & Luaran



PANDEMIK
COVID-19 &
PENSUJILAN
SEMULA

Pensijilan Hospital di
lanjutkan sehingga 2022
Program ke arah kelestarian

2021

2020

Permulaan Fasa COVID-19
Pengekalan Program
Virtual CME & CNE
Kommittee Bebas
Kesakitan



Kelestarian
Program Bebas
Kesakitan Hospital
Pengukuhan Intipati
Program & Edukasi
Anggota Hospital

2019

2018

External Audit
Mesyuarat Pengurusan
CME & CNE Pain Free
Pensijilan Pain Free
Hospital Banting



PENUBUHAN JAWATAN
KUASA PAIN FREE
HOSPITAL BANTING

TOT Workshop
Kursus Kesedaran Pain Free

2017



SKALA KESAKITAN





JOURNEY PAIN FREE HOSPITAL HTAR TO SELANGOR CENTRAL ZONE CLUSTER



2020 -
2023



2018 -
2019



2017



2015



2008 -
2015





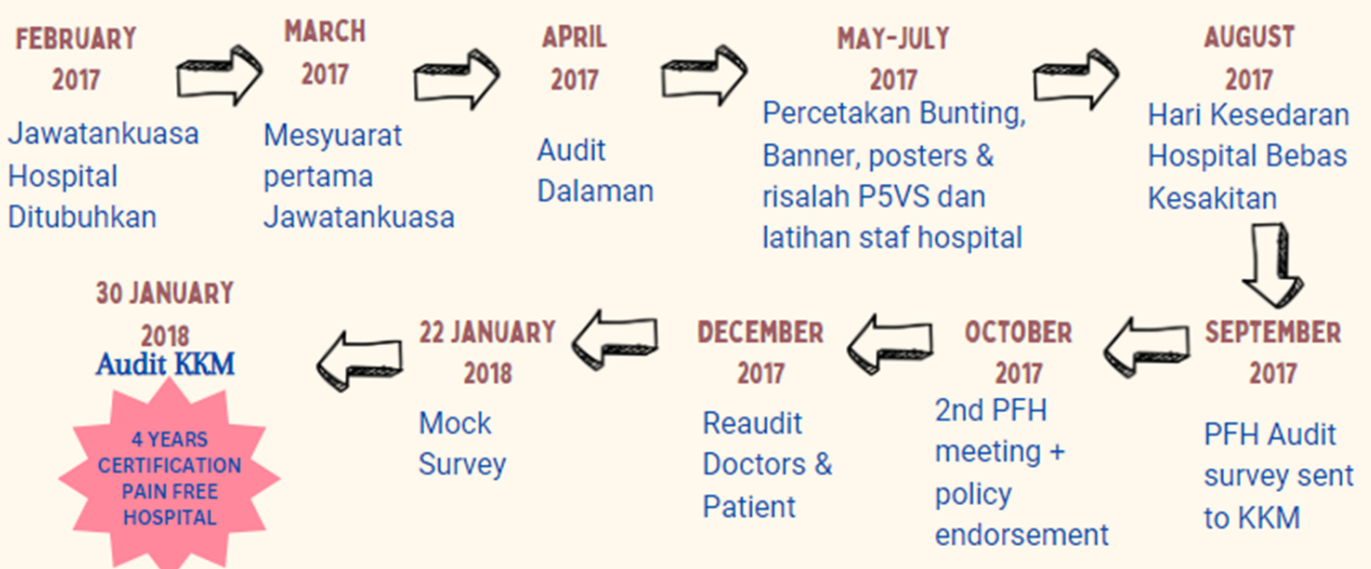
HOSPITAL SUNGAI BULOH



PROGRAM HOSPITAL BEBAS KESAKITAN DAN TAHAP KESAKITAN SEBAGAI TANDA VITAL KELIMA



PERJALANAN PAIN FREE HOSPITAL



KESAKITAN SEBAGAI TANDA VITAL KE-LIMA

- 1 Suhu
- 2 Kadar Nadi
- 3 Tekanan Darah
- 4 Kadar Pernafasan

5

SKALA KESAKITAN

TIADA KESAKITAN

0 1 2 3 4 5 6 7 8 9 10

KESAKITAN YANG AMAT SANGAT

Adapted from IASP 2017

MANAGING PAIN: EVERYONE MATTERS!
TOWARDS A PAIN FREE HOSPITAL

PAIN FREE PROGRAM

Tranformasi Konsep Rawatan Pelanggan Bebas Kesakitan

JAWATANKUASA INDUK HOSPITAL BEBAS KESAKITAN & TAHAP KESAKITAN SEBAGAI TANDA VITAL KE-LIMA HSGB

UNIT PENGURUSAN KUALITI HSgB

KE ARAH PENSIJILAN HOSPITAL BEBAS KESAKITAN 25 APRIL 2019



AKTIVITI PROGRAM
HOSPITAL BEBAS
KESAKITAN HOSPITAL
KAJANG 2018



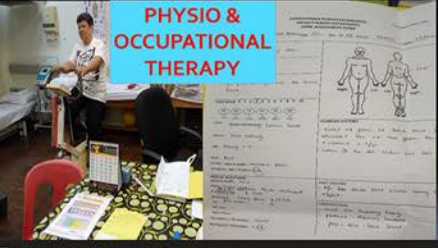
PAIN SCORE



SAVE THE DATE
25 APRIL 19
THURS



HOSPITAL KAJANG PAIN MANAGEMENT KIT



HOSPITAL KAJANG PAIN FREE HOSPITAL COMMITTEE 2019

JURATAMBAH BEBAS KESAKITAN HOSPITAL KAJANG	KY (KORPORAT) BEBAS KESAKITAN HOSPITAL KAJANG
Dr. Nur Hafizah Bt. Muzaffar Penasihat Perubatan Kesakitan Penasihat Perubatan Kesakitan	Dr. Nur Hafizah Bt. Muzaffar Penasihat Perubatan Kesakitan Penasihat Perubatan Kesakitan
Dr. Nur Hafizah Bt. Muzaffar Penasihat Perubatan Kesakitan Penasihat Perubatan Kesakitan	Dr. Nur Hafizah Bt. Muzaffar Penasihat Perubatan Kesakitan Penasihat Perubatan Kesakitan
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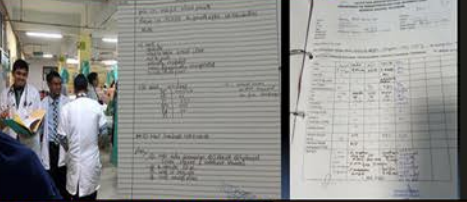
Dear Team
You're All
Achieving
Keep up the
Great work!



Implementation of 'Pain as 5th Vital Sign'



DOCUMENTATION OF PAIN SCORE IN PATIENT BHT



Pain ruler and analgesic ladder sticker on every clinic consultation table



Patient Education and Awareness



MULTIDISCIPLINARY PAIN MANAGEMENT TEAM



Pain Free Corner Competition



JKNS PAIN FREE HOSPITAL AUDIT 2018-2019



Pain Free Hospital Awareness



TEAMWORK

Winning The Dreamwork

HOSPITAL KAJANG PFH COMMITTEE

MULTIDISCIPLINARY TEAM OF COORDINATORS AND LIAISON OFFICERS TO DISSEMINATE INFORMATION AND FACILITATE TRAINING OF STAFF IN THE RESPECTIVE DEPARTMENTS.

Goal: To ensure that all staff are aware of the importance of pain management and to ensure that all staff are trained in the use of pain management tools.

KKM PAIN FREE HOSPITAL CERTIFICATION AUDIT



KKM PAIN FREE HOSPITAL CERTIFICATION AUDIT



HOSPITAL BEBAS KESAKITAN 25 APRIL 2019

Congratulations!



PAVING THE PATH OF PAIN FREE HOSPITAL

OUR JOURNEY TOWARDS
PAIN FREE HOSPITAL
ACCREDITATION

WHERE IT ALL BEGINS

The journey towards Pain Free Hospital started in 2017 following the MOH recommendation to expand the Pain Free Program in all healthcare facilities.

ACCREDITATION

Hospital Ampang has underwent the external audit on Pain Free Hospital Program in 2019 and has been successfully being accredited as one of the Pain Free Hospitals in Selangor.

WHAT'S NEXT?

The implementation of Pain Free Program has been continuously done throughout the year. Hospital Ampang is currently preparing for re-accreditation in 2024.

HOSPITAL AMPANG

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<https://jknselangor.moh.gov.my/hampg/>