



# THE Lamp LIGHTER

Methodist Hospitals Nurse Newsletter • Sept. 2025

## PROVISION OF CARE SPOTLIGHT: Pain Management

**At Methodist Hospitals, effective pain management is recognized as a cornerstone of quality patient care. Our goal is simple yet essential: to achieve pain control for every patient, ensuring their comfort, safety, and overall well-being. Pain management is not optional—it applies to all patients and is supported by every member of the healthcare team.**

### Consistent and Accurate Assessment

Pain should be assessed during initial admission, with every physical assessment, and once per shift.

To ensure accuracy, nurses and providers are encouraged to use standardized tools, including the 0–10 Numerical Scale, the Wong-Baker Faces Scale, and behavioral measures such as the FLACC and CPOT tools. Consistent use of these assessments allows the team to monitor pain effectively and intervene in a timely manner.



### Medication and Monitoring

When opioids are prescribed, staff must document the patient’s sedation level using the Pasero Opioid-Induced Sedation Scale (POSS).

A score of 5–2 (sleep, easy to arouse, or awake/alert) is considered acceptable, while scores of 3–4 (frequently drowsy, somnolent, or minimally responsive) are not and require immediate action in accordance with hospital policy.

**PRN medications should always be administered based on physician orders and the patient’s reported pain score: none (0), mild (1–3), moderate (4–6), or severe (7–10).**

Please be sure to reassess and document your patient’s response to the pain intervention within an hour of the completed intervention.

### Education and Non-Pharmacological Options

Pain management is not limited to medications. Ongoing patient education ensures that patients understand their pain control options and can partner in their care. Non-pharmacological interventions—such as repositioning, deep breathing, prayer or meditation, heat/cold application (with skin assessment), and diversion activities like music or guided imagery—can provide meaningful relief and enhance recovery.

It is vital that all Methodist Hospitals patient care nurses remain diligent in following established pain management policies. Consistent assessment, appropriate interventions, documentation and patient education reinforce our commitment to safe, compassionate care.

By embracing a comprehensive approach to pain management, Methodist Hospitals continues to place patient comfort at the forefront of clinical excellence.

## CNO MESSAGE:

# Your Documentation Matters

At Methodist Hospitals, we know that excellent nursing practice is built on excellent documentation. As nurses, we must uphold the highest standards of accuracy and completeness in all records, which are the foundation of effective communication, safe care, regulatory compliance and legal protection.

The guiding principle remains true: *"If it wasn't documented, it wasn't done."*

Thorough documentation ensures every member of the healthcare team has the same information regarding a patient's status, treatment, and progress. It provides clear evidence that care was delivered appropriately and in accordance with established protocols. This record not only protects our patients, but it also safeguards our nurses and the hospital in legal and regulatory contexts.

In addition, documentation is a cornerstone of quality improvement and accountability. By analyzing records, we can identify trends, evaluate outcomes, and implement strategies that strengthen patient safety and operational efficiency to promote greater patient safety and better outcomes.



Marla Hoyer-Lareau,  
RN, BSN, MHA,  
Senior Vice President,  
Chief Nursing and  
Operations Officer

Complete and timely documentation also supports Methodist Hospitals in securing accurate reimbursement for services rendered.

I urge all staff to remain diligent and consistent in this vital responsibility. Documentation is more than a task—it is a professional standard that strengthens our practice and ensures we are providing the best possible care.

Thank you for your continued commitment to excellence.



## CONGRATS to Our Newest Registered Nurses!

Please join us in congratulating our recent nurse graduates who have successfully passed their boards and are now officially Registered Nurses. Their dedication, hard work, and commitment to patient care have brought them to this important milestone, and we are proud to welcome them as colleagues in their new roles:

- **Heidi Manna, RN | Northlake Emergency Room**
- **Breanna Jackson, RN | Southlake Neuro IMCU 5W2**

We celebrate your achievements and look forward to the positive impact you will continue to make in the lives of our patients and within the Methodist Hospitals nursing community.





**REMINDER!!!**

## 2025 Clinical Ladder Portfolios Due Soon

Heads up, nurses! 2025 Clinical Ladder portfolios must be submitted to Mary Jo Valentine by the week of October 20, 2025. It's not too late to pull your materials together—update your achievements, validations, and supporting documents, and get them in on time.

Questions? Contact Mary Jo:  
Northlake: 219-886-6955  
Southlake: 219-757-7223

Thank you for your commitment to professional growth and excellence!

## Indiana Nursing License Renewals Due October 31

Registered Nurse  
Renewal Fee: \$50

Visit [MyLicense.IN.gov](http://MyLicense.IN.gov) or scan this QR code to renew online.

Those who fail to renew their license are unable to work as of 11/1/2025, and are subject to a \$50.00 late fee.



### IT UPDATE:

## Epic Upgrade Coming October 13

Methodist Hospitals is preparing for important enhancements to Epic that will make documentation and patient care more efficient. The upcoming October 13 upgrade to the February 25 version introduces new tools and several enhancements designed to improve efficiency and ease of use, and ultimately support nurses in their daily workflows.

### Epic Upgrade Coming October 13

On **October 13**, Epic will update to the **February 25 version**, bringing several enhancements to improve efficiency and ease of use. Highlights include:

- **Taskbar Orders** – Place orders for admitted patients directly from a new taskbar at the bottom of admission encounters.
- **Spotlight on Documentation** – Use keyword searches to quickly find recent documentation.
- **Faster Care Plans and Education** – Add care plans and patient education materials more efficiently.
- **OPA (OurPractice Advisories)** – Now only populate if active, creating a cleaner workspace.
- **ROVER Enhancements** –
  - Adjust text size in the mobile app.
  - Switch between jobs with a single tap.
  - Document blood transfusions entirely within your mobile device.
- **Brain View** – View and adjust task details in a new, customizable format.
- **Macros** – Share your macros easily with your department.

Please **watch your email for more details** and training opportunities to help you take full advantage of these features.



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