



Poen a Rheoli Poen – 2



Mae Gweithwyr Iechyd Proffesiynol ar draws y GIG yn cymryd rhan weithredol mewn helpu miloedd o gleifion bob blwyddyn i reoli poen yn effeithiol. Mae hon yn elfen hanfodol o ddarpariaeth gofal – trwy sicrhau diagnosis cywir ac ymyriadau cynnar, gall gweithwyr proffesiynol leihau difrifoldeb poen a'r risg o gyflyrau cronig, yn ogystal â gwella ansawdd bywyd ac iechyd meddwl a chorfforol cyffredinol y claf yn fawr iawn. Rydym wedi darparu rhestr o erthyglau perthnasol o gyfnodolion MA Healthcare sy'n mynd i'r afael â'r maes hwn, gan roi ymchwil, gwybodaeth ac awgrymiadau i staff y GIG a fydd yn cefnogi eu gwaith a'r ffordd y byddant yn gofalu am eu cleifion

British Journal of Community Nursing

- A review of interventions to reduce pain in chronic wounds
Cyhoeddwyd Ar-lein:5 Rhagfyr 2019
<https://doi.org/10.12968/bjcn.2019.24.Sup12.S12>

British Journal of Hospital Medicine

- Common neoplastic causes of paediatric and adolescent back pain
Cyhoeddwyd Ar-lein:4 Mai 2020
<https://doi.org/10.12968/hmed.2020.0026>
- Assessing wrist pain: a simple guide
Cyhoeddwyd Ar-lein:11 Mai 2020
<https://doi.org/10.12968/hmed.2019.0051>

British Journal of Mental Health Nursing

- The Benzodiazepine and Opiate Withdrawal Service: an overview and case studies
Cyhoeddwyd Ar-lein:23 Mawrth 2020
<https://doi.org/10.12968/bjmh.2019.0037>

British Journal of Neuroscience Nursing

- Recognising pain in dementia: what has changed?
Cyhoeddwyd Ar-lein:19 Mehefin 2020
<https://doi.org/10.12968/bjnn.2020.16.3.125>
- A hybrid SWOT analysis of the neuromodulation process for chronic pain
Cyhoeddwyd Ar-lein:27 Ebrill 2020
<https://doi.org/10.12968/bjnn.2020.16.2.76>

British Journal of Nursing

- An evaluation of opioid use during acute hospital admissions
Cyhoeddwyd Ar-lein:24 Mehefin 2020
<https://doi.org/10.12968/bjon.2020.29.12.700>
- Peripheral intravenous cannulation: reducing pain and local complications
Cyhoeddwyd Ar-lein:23 Ebrill 2020
<https://doi.org/10.12968/bjon.2020.29.8.S12>
- Congruence between nurses' and patients' assessment of postoperative pain: a literature review
Cyhoeddwyd Ar-lein:27 Chwefror 2020
<https://doi.org/10.12968/bjon.2020.29.4.212>

International Journal of Palliative Nursing

- Implementation of a hospice pain-education programme
Cyhoeddwyd Ar-lein:25 Mehefin 2020
<https://doi.org/10.12968/ijpn.2020.26.5.214>
- Nurses' experiences of pain management in end-of-life dementia care: a literature review
Cyhoeddwyd Ar-lein:10 Ebrill 2020
<https://doi.org/10.12968/ijpn.2020.26.3.110>
- Quality of palliative care in identified palliative care beds
Cyhoeddwyd Ar-lein:3 Mawrth 2020
<https://doi.org/10.12968/ijpn.2020.26.2.64>

International Journal of Therapy and Rehabilitation

- Posture-focused self-management programme improves pain and function in older people with chronic low back pain: a randomised controlled trial
Cyhoeddwyd Ar-lein:30 Ebrill 2020
<https://doi.org/10.12968/ijtr.2018.0082>
- Effects of repetitive transcranial magnetic stimulation versus transcutaneous electrical nerve stimulation to decrease diabetic neuropathic pain
Cyhoeddwyd Ar-lein:2 Mawrth 2020
<https://doi.org/10.12968/ijtr.2018.0037>
- Development and evaluation of interprofessional patient simulation activity for physiotherapy and occupational therapy students to assess and manage patients with chronic pain
Cyhoeddwyd Ar-lein:30 Ebrill 2020
<https://doi.org/10.12968/ijtr.2019.0009>

Journal of Prescribing Practice

- Managing pain in oncology

Cyhoeddwyd Ar-lein:12 Mawrth 2020
<https://doi.org/10.12968/jprp.2020.2.3.147>

- Managing acute pain after abdominal surgery: examples from practice
Cyhoeddwyd Ar-lein:14 Chwefror 2020
<https://doi.org/10.12968/jprp.2020.2.2.78>
- Prescribing for persistent cancer pain: focus on chemotherapy-induced peripheral neuropathy
Cyhoeddwyd Ar-lein:11 Ebrill 2020
<https://doi.org/10.12968/jprp.2020.2.4.176>
- Treatment and management of fibromyalgia
Cyhoeddwyd Ar-lein:11 Ebrill 2020
<https://doi.org/10.12968/jprp.2020.2.4.194>

Journal of Wound Care

- Punch grafting for pain reduction in hard-to-heal ulcers
Cyhoeddwyd Ar-lein:11 Mawrth 2020
<https://doi.org/10.12968/jowc.2020.29.3.194>
- Pain control and early wound healing effect using sitz bath with ozonised water after haemorrhoidectomy
Cyhoeddwyd Ar-lein:18 Mai 2020
<https://doi.org/10.12968/jowc.2020.29.5.289>
- Phantom pain as an adverse effect after maggot (*Lucilia sericata*) debridement therapy: a case study
Cyhoeddwyd Ar-lein:18 Mai 2020
<https://doi.org/10.12968/jowc.2020.29.5.303>

Nursing and Residential Care

- The complex case of rib fracture management in older people
Cyhoeddwyd Ar-lein:9 Ebrill 2020
<https://doi.org/10.12968/nrec.2020.22.5.7>