



**ACADEMIC EXAMS**  
AT THE FACULTY OF MEDICINE OF THE UNIVERSITY OF LISBON  
INSTITUTE OF ADVANCED TRAINING

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**Masters:**

Pain Science (1st Edition)

**Name of Student:**

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**Subject of Thesis:**

Motivating Factors in abandoning Evaluation and Systematised Recording of the 5th Life Sign

**Date of Defence:**

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**Mark:**

Very Good, by Unanimity

**Jury:**

**President:** Professor António Barbosa (FMUL)

**Orientator:** Professor Paulo Costa (FMUL)

**Jury Members:** Professor José Guilherme Tralhão (FMUC)



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**ABSTRACT**

The purpose of this study was to discover which motivations led to the abandon of both evaluation and systematic record of the 5<sup>th</sup> Vital Sign that occurred in the Service Cirurgia I of “Santa Maria” Hospital. The main goals were: To analyse the implementation of the 5<sup>th</sup> Vital Sign’s system; to identify the motivations for the abandon of the evaluation and the record of the 5<sup>th</sup> Vital Sign; to present a new strategy that may overcome the reasons why the abandon occurred. It was a described-correlated, transversal and observation based study. The target personnel included nurses and doctors working at the Service Cirurgia I. It was a noncasual and unlikely sample. Data was collected from two questionnaires submitted to the target personnel.

The results reveal some faults at implementation system and Institution level. DGS (National Health System) rule on the 5<sup>th</sup> Vital Sign is unknown to 63% of the medical class. From those who were inquired, 69,8% ignores any kind of training concerning Pain, developed in “Santa Maria” Hospital. Pain is recognized as the 5<sup>th</sup> Vital Sign by 85,71% of those who were inquired. The evaluation and the record of Pain are carried out in the Surgery Service, however differently from what DGS (National Health System) rule has established. The reasons of the abandon are as follows: Inexistent verification or any further evaluation of the records from doctors; Lack of motivation caused by poor communication with the medical staff; Lack of training; Huge rotation of patients; Surcharge of work of medical staff. Strategies to overcome those factors may be directly combined with: Training on the subject “Pain”, where both professional classes are involved; Implementation duly justified and carried out by dynamic elements / personnel elements.

**Key words:** Pain, 5<sup>th</sup> Vital Sign, Implementation; Pain relief scales; Records