

A Study on Pain Management Practices Among Staff Nurses in a Selected Hospital, Mangalore.



Medical Science

KEYWORDS : Pain; Management; Practice; Documentation; Staff nurse.

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ABSTRACT

Pain, is said to be the fifth vital sign. Identifying and managing patient's pain by health personnel is important role in health care facilities. Materials and Methods: Descriptive correlative study was done to determine the pain management practices among staff nurses. Sample[40 staff nurses and 40 patient's records] were selected using simple random sampling. The investigator assessed the pain management practices using self reported rating scale and the documentation using documentation checklist. Results: Majority of the subject's reported poor pain management practices. 100% of subjects were poor in documentation of pain management. There was a weak positive correlation between the level of self reported pain management with the documentation also there was no significant association between the documentation of pain management with the selected demographic variables. Conclusion: The self-reporting and documenting on pain management practices by the staff nurses were poor. Key words: Pain; Management; Practice; Documentation; Staff nurse.

INTRODUCTION

Management of perioperative pain is a critical factor in preventing the surgery-induced complication.^[1] The health personnel must recognize that pain is a true emergency, to be treated at the earliest and should be documented accurately which aids nurses to progress in knowledge and skill in pain management. Therefore, identifying pain management practices of staff nurses is essential in order to encouraged health personnel to formalize pain recording in the same manner as the regular documentation of vital signs.^[2]

Objectives

1. To determine patient's pain management practices by subjects using a self-reported rating scale.
2. To determine the level of practice in terms of documentation of pain management practices by the subjects using a documentation checklist.
3. To correlate the self reported pain management practices with the documentation on pain management practices.
4. To find the association with documentation of pain management practices with the selected demographic variables.

Hypotheses

H₁: There will be a significant relationship between the pain management practices and documentation by the staff nurses.

H₂: There will be a significant association between the pain management practices with the selected demographic variables.

Materials and Methods

Setting: Surgical and Orthopedic wards.

Research approach: Descriptive approach.

Research design: Descriptive correlative design.

Sample: 40 Staff nurses and 40 Patients records

Sampling technique: Simple Random sampling.

Inclusion criteria:

1. Staff nurses working in surgical and orthopaedic wards.
2. Patient's records from orthopaedic and surgical wards.

Exclusion criteria

1. Staff nurses who are ward in-charges and the postgraduates.

Data collection instruments

- I- Baseline proforma of the staff nurses.
- II-Self reported rating scale on pain management practices.
- III- Documentation checklist on pain management practices.

Description of tool:

Tool I: Baseline proforma consisting of five items: age, gender, educational qualification, years of experience and unit working. The respondent chooses the relevant option provided.

Tool II: Self reported rating scale on pain management practices to determine the pain management by the subjects consisting of 20 items covering the following 7 areas: Identification of the patient, Assessment, Communication, Planning, Implementation, Evaluation and Documentation.

Tool III: The documentation checklist on pain management practices to evaluate the pain management practices consisting 12 items distributed in 4 areas: Pain score assessment, Communication, Implementation and Evaluation.

Data collection procedure:

Investigator obtained permission from the concerned hospital authority and taken informed consent from the subjects. Random sampling was used for the study. The information on pain management practices were collected using a self reported rating scale and the investigator evaluated the documentation on pain management practices using a documentation checklist and compiled for data analysis.

Data Analysis

Section 1: Demographic characteristics of the subjects [Staff Nurses]

- Majority (95%) of the subjects were in the age group of 20 -29 years and 5% of the subjects belonged to age group of 30-39 years.
- 77.5% of subject's educational status were BSc nursing and 22.5% were GNM.
- 65% of subjects had ≤ 1 year, 27.5% had 1-3 years, 5% had 3-5 years and 2.5% had more than 5 years of experience.

Demographic characteristics of the subjects [Patients Records]

- Majority (42.5%) of the subjects were in the age group of 20 -29 years and the least (1.5%) patients were from the age group of ≥50 years.
- 22.5% of subjects were on third post-operative day and majorities (77.5%) of subjects were on ≥ 4th post-operative day.

Section 2: Description of the self-reported pain management practices.

Among all the staff nurses 97.5% were poor and 2.5% were good in pain management practices (figure-1).

Section 3: Pain management practices in terms of the documentation of pain management practices.

Among all the staff nurses 100% of the subjects were poor in practicing the documentation of pain management practices (Table-1).

Section 4: Correlation between the self report on pain management practices and documentation of pain management practices.

There is a weak positive correlation between the self reported pain management practices with the documentation.

Section 5: Association between the documentation of pain management practices with the selected demographic variables.

There was no significant association between the documentation of pain management practices with the selected demographic variables.

Discussion

The staff nurses were of >20years who are bachelors and diploma nurses. The experience and the unit working were also included in the study and the self report by the subjects was considered. In the study, majority of the records were missing the information on pain management practices. The study has shown that the pain assessment and management is constrained by lack of protocols, assessment tools and knowledge on documentation and has no association with the demographic variables. There was no significance in assessment, management and documentation of pain by the staff nurses.

Conclusion:

Patients who experience a loss of ability to perform daily activities due to pain may benefit from timely assessment and management. This allows for a continuity of the care plan or treatment interventions. The findings of the study give reflection in the field of nursing such as: education, practice, administration and research. Administration should conduct more conferences, in-service education and workshops should be conducted to improve the pain management practices by the staff nurses. Nurses can be given training regarding the pain management practices and its documentation.

The study concludes as the nursing knowledge of pain care management did not always correlate with pain management care delivered. Nurses are able to identify pain display indicators but often care management in practices. We, the health professionals, especially the nurses being vital part of patient care can make a difference by improve the standards and quality of nursing care. Improvement in quality of pain management is very necessary to implement & evaluate the improvements in treatment of pain.

Figure 1: Bar diagram showing the distribution of pain management practices of the subjects assessed by the self reported rating scale.

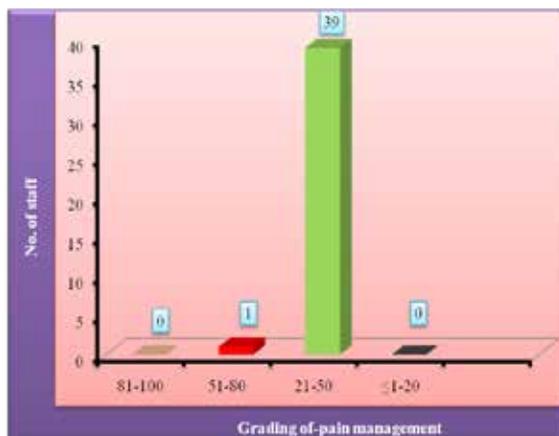


Table 1: 100% of the subjects were poor in practicing the documentation of pain management practices.

Documentation of Pain management Practices	Range of Score	Score in percentage	Frequency	Percentage
Very good	10-12	81-100	0	0
Good	7-9	51-80	0	0
Poor	4-6	21-50	40	100
Very Poor	≤3	1-20	0	0

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