



A DESCRIPTIVE STUDY TO IDENTIFY THE KNOWLEDGE REGARDING NON-PHARMACOLOGICAL PAIN MANAGEMENT AMONG STAFF NURSES IN SELECTED HOSPITAL KOLHAPUR, MAHARASHTRA.

Nursing

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ABSTRACT

Non-pharmacological methods have unique advantages to relieving pain that medications do not giving the patients a more active role in managing their pain. There are many types of nonpharmacological methods that vary amongst heat/cold, massage and relaxation. Nurses must have a great knowledge of non-pharmacological methods to practice them effectively. In addition, nurses' own attitudes greatly affect the way they treat a patient's pain. **Aim:-** This study aimed to assess nurses' knowledge, regarding non-pharmacological pain management in selected hospitals at D.Y Patil hospital Kolhapur. **Objective:-** To assess the knowledge regarding non-pharmacological pain management among staff Nurse in selected hospital Kolhapur. **Methodology :-** 100 nurses, males and females working in ICU, medical and surgical wards and operation theater is selected from D.Y Patil hospital. The data was collected through using a self-administered questionnaire consisting of Two parts A; a socio-demographic characteristics Part B: Questionnaire on Non-Pharmacological Methods to relive pain. The results show: knowledge were at a satisfactory level. There was a positive relationship between age, educational level, years of experience, and attendance on training courses with the knowledge..**Result:-** knowledge score of samples regarding non-pharmacological pain management was among 100 staff nurse, majority of subject samples 71(71%) had average knowledge, 24(24%) had poor knowledge and 5(5%) had good knowledge regarding non-pharmacological pain management. **Conclusion:** The results show: knowledge were at a satisfactory level. However, the percentage of applied non-pharmacological pain management was low in hospital because of a lack of time. There was a positive relationship between age, educational level, years of experience, and attendance on training courses. so staff nurses should be given the knowledge about non-pharmacological pain management.

KEYWORDS

Non-pharmacological pain management Staff nurses

INTRODUCTION

The concept of pain has been defined and explained from many dimensions. The International Association for the Study of Pain defines pain as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Some studies state that known as the fifth vital sign, and health professionals should monitor and manage it when caring for patients. There are three types of pain, based on where in the body the pain is felt, somatic, visceral, and neuropathic.pain has physical harmful effects that may lead to physiologically unsafe conditions.

The use of nonpharmacological pain relief techniques has been found to be effective with less side effects and complications associated with them. the prevailing persistent challenge in the use of nonpharmacological pain techniques has been expressed in many studies as care provider attitude and lack of knowledge. Previous studies reveal that nondrug methods of pain management do the following, diminish pain perception by reducing intensity and increasing pain tolerance, reduce pain-related distress, strengthen coping abilities; and give the patient and family a sense of control over pain. Traditionally, pain management tends to emphasize the use of pharmacological agents. Non-pharmacological pain management interventions are a set of psychological and physical pain management methods that play a vital role and can be used both complementarily or independently. The most common non-pharmacological pain management methods include music therapy, relaxation techniques, repositioning, the use of a cold compress, respiratory and deep breathing exercises, massage, exercise, and the provision of information.

NEED FOR THE STUDY:

Most nurses prefer to use pain relief medications because limited attention has been paid to non-pharmacological pain relief methods and there is a paucity of data relating to the effectiveness of these methods. The use of non-pharmacological pain management methods has been limited, and the extent to which they are used depends on nurses' understanding of these methods, skills, experience, and beliefs about the effectiveness of these approaches.

One such study conducted by found that most ICU nurses did not use non-pharmacological pain control interventions to provide pain relief to their patients. In addition, found that ICU nurses believed that pain can primarily be relieved by medication and that nondrug treatments can be used if drug treatments are ineffective.

During the clinical experience the investigators observed that there is need to assess the knowledge of Staff Nurses regarding non-pharmacological pain management. So that the necessary knowledge it can be given to staff nurses about non pharmacological pain management methods.

METHODOLOGY:

Present study aimed to assess knowledge regarding Non pharmacological pain managementamong staff nurses.at D Y Patil hospital of kolhapur,Maharashtra. Quantitative research approach is used and non experimental descriptive design. A sample of 100 staff Nurses was selected by non-probability, purposive sampling technique. Tool for data collection consisted two section section A- Demographic data, Total five selected demographic variables were used in the study Section B- Structured knowledge questionnaire. The data was collected through using a self-administered questionnaire consisting knowledge on non-pharmacological methods to relive pain.

The results shows knowledge were at a satisfactory level. There was a positive relationship between age, educational level, years of experience, and attendance on training courses with the knowledge and positive relationship between knowledge. The structured knowledge questionnaire was. Classification of knowledge scores done by using arbitrary method and frequency, percentage, mean, median, mode, standard deviation , range and knowledge score.

RESULTS:-

The findings of socio demographic showed that Majority of sample 89 (89%belonged to age group (21-30) and minimum 08 (8%) belonged to (31-40) of age group of Staff Nurses.According to Majority of samples Gender of the staff Nurse 80(80%) belongs to Female. minimum sample of Gender 20(20%) belongs to Male.According to Majority of samples of Course 81(81%) belonged to the GNM and minimum 19(19%) belonged to B.Sc. According to Majority of samples year of experience 45(45%) and minimum 40(40%).According to Majority of samples 70(70%) have a working area and minimum 21(21%). According to Majority of samples source of information 88(88%) and minimum 6(6%).

Findings related to assessment of knowledge score of samples regarding non-pharmacological pain management was among 100 staff nurse, majority of subject samples 71(71%) had average knowledge, 24(24%) had poor knowledge 5(5%) had good knowledge regarding non-pharmacological pain management.

Knowledge score	Frequency	Percentage
Good (20-30)	05	5%
Average (10-19)	71	71%
Poor (0-9)	24	24%

Findings related to mean median mode standard deviation and range of knowledge.

Mean	Median	Mode	S D	Range
12.98	14	16	4.277	18

Implication of the Study:

1. Nursing Education-

It will be helpful to arrange health Education programs for Staff Nurse. Making use of lectures, panel discussions, seminars for staff Nurse in hospitals can help to improve the knowledge and also create an awareness among nurses.

2. Nursing Practice:

Nursing practice includes preventive, promotive, curative and rehabilitative services. The information can be used during in service education for the Staff Nurses as it is essential for Nurses to know about non-pharmacological methods. It is one of the most cost-effective intervention. It is concerned with promoting health as well as reducing the risk of complication. In the present study there was gap between existing and expected level of knowledge of Staff Nurse which indicated need for education regarding non-pharmacological pain management.

3 Nursing Administration

In-service educational program can be organized non-pharmacological managements policy. This will upgrade the Nurses knowledge in their clinical practice and to conduct health education program. Well prepared material like informational booklet and power point presentation can be utilized by Nurses.

4. Nursing Research

The present study conducted by the investigator can be a source of review of literature for others who are intending to conduct studies on non-pharmacological pain management among Staff Nurse. There is an extensive need to practice emerges from research. Evidence based practice improves the quality of life and is study focused on knowledge of non-pharmacological management and methods.

RECOMMENDATION-

The researcher recommended that :-

Based on the findings of the study, the following recommendations were made:

1. A similar study needs to be conducted in other hospitals and community area in order to generalize.
2. A similar study can be done on a large sample for the generalization.
3. A teaching or training program to be conducted for Staff Nurse.

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