


“Pain Management in Hail Region Hospitals”

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overview

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Introduction:

- Pain is associated with a wide range of injuries and diseases.
- Pain assessment and management is the most fundamental part of the nurse’s responsibility (considered as the 5th vital signs).
- Perception of pain is influenced by cultural, psychological, and emotional factors.
- "Pain is one of the biggest health issues in Australia today – every bit as big as cancer, AIDS and coronary heart disease. Yet it remains one of the most neglected areas of health-care" **Professor Michael Cousins**, Chair National Pain Strategy.

Literature Review:

- Undertreatment of pain has been reported for many decades as a major and persistent clinical problem.
- Nurses have knowledge deficits and incorrect beliefs about pain assessment and management.
- Patients continue to suffer from unnecessary pain.

Literature Review:

Study / setting	Method & sample	Results
Lui, So & Fong (2008). China 143 nurses working at medical units in a public hospital	Cross-sectional study Nurses' knowledge and attitudes survey regarding pain	-Severe deficit in knowledge and attitudes related to pain management. -Overall mean score = 47.72% -Range = 20–76%
Matthews & Malcolm (2007). United Kingdom 113 nurses	Cross-sectional study Nurses' Knowledge and Attitudes Survey Regarding Pain	-Deficit in knowledge relating to non-pharmacological methods and opioid use in chronic pain. -Overall mean score = 73.8%
Mocerri & Drevdahl (2012). United State 91 Emergency nurses	Descriptive study Nurses' Knowledge and Attitudes Survey Regarding Pain	- Inadequate knowledge about pain management. -Overall mean score = 76%
Yildirim, Cicek & Uyar (2008) Turkey 68 oncology nurses	Descriptive study Nurses' Knowledge and Attitudes Survey Regarding Pain	-Severe deficit in knowledge and attitudes related to pain management. -Overall mean score = 35.41% -Range= 5.13% to 56.41%

Consequences of pain

- Pain can have physical, psychological and economical impacts on patients, their families and societies.
- Pain impedes a patient’s recovery from trauma and surgery or prolong the period of healing (postoperative patients).
- Untreated pain can cause depression, anxiety, impaired sleep, poor appetite, weight loss and social isolation.
- ↓ the quality of patients’ lives and limit their activities.
- Consumes large amounts of healthcare resources.

Current study/ setting:

- Saudi Arabia's population 29,994,272 million (99%) Muslims.
- MOH hospitals are 268 with capacity of 38,970 beds.
- Total number of nurses is 65,152 and Saudi nurses are (50.8%) and the remaining are expatriate nurses.



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Research questions:

➤ What **knowledge and attitudes** do nurses hold regarding pain management in Hail Region Hospitals?

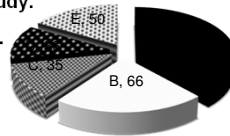
Objectives:

✧ Explore and identify nurses' knowledge and attitude regarding pain and pain management in Hail Region Hospitals.

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Study methods:

- **Participants:** local and expatriate nurses working in Hail Region Hospitals.
- **The inclusion criteria will be:** Nurses aged 21-65 years old.
- **Participants are required to answer a survey (Knowledge and Attitudes Survey Regarding Pain) by Ferrell, B. & McCaffery, M.**
- **303 nurses participated in this study.**
- **Sampling:** convenience sampling.
- **Setting:** 5 Public hospitals
- **Response rate:** 60%



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Instruments:

Knowledge and Attitudes Survey Regarding Pain

Questionnaire Components	Items	Responses
Knowledge	22	True / False
Attitudes	16	Multiple choice including: -Pharmacological interventions -Nonpharmacological interventions -Pain assessment -Attitudes on managing pain -Two case study (scenarios)

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Results:

Frequency Distribution of Participants by Nationality and Gender

Nationality	n	%
Saudi	57	18.8%
Filipino	112	37.0%
Indian	124	40.9%

• Indonesian and Chinese 3.4%

Gender	n	%
Male	22	7.3%
Female	281	92.7%
Total	303	100.0%

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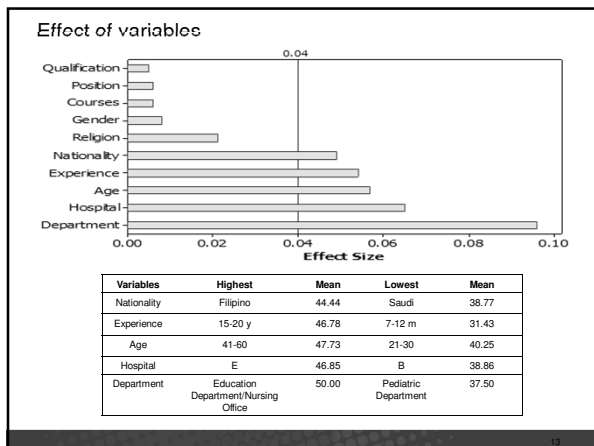
Results:

Frequency Distribution of Participants by Academic Qualification

Qualification	n	%
Diploma	139	45.8%
Bachelor's Degree	159	52.5%
Master's Degree	5	1.7%
Total	303	100.0%

- The correct answers ranged 5.0% - 87.5%
- Overall mean score = **41.76%** (SD = 9.83).

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Most Frequently Missed Items

Questions	Correct
38 B. Check the action you will take at this time:	38 (12.5%)
37 A. Andrew is 25 years old and this is his first day following abdominal surgery. As you enter his room, he smiles at you and continues talking and joking with his visitor. Your assessment reveals the following information: BP = 120/80; HR = 80; R = 18; on a scale of 0 to 10 (0 = no pain/discomfort, 10 = worst pain/discomfort) he rates his pain as 8. On the patient's record you must mark his pain on the scale below. Circle the number that represents your assessment of Andrew's pain.	28 (9.2%)
19. If the source of the patient's pain is unknown, opioids should not be used during the pain evaluation period, as this could mask the ability to correctly diagnose the cause of pain.	22 (7.3%)
37 B. Check the action you will take at this time.	9 (3.0%)

- ### Recommendations
- ✧ Upgrade educational qualifications to a Bachelor for Diploma holder.
 - ✧ Continues assessment for nurses to assess their care.
 - ✧ Provide pain courses.
 - ✧ Assessment form should be implemented or charts to ensure documentation and assessment of pain.
 - ✧ Provide cultural orientation for newcomers.
 - ✧ Protocol or policy.
 - ✧ Encourage nurses to use non- pharmacological methods for patients with pain.

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