

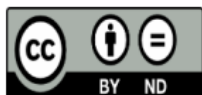
RESEARCH ARTICLE**Evaluation of Nurses practices regarding postoperative pain management among Adult patient with abdominal surgery****Sajad Kareem Mohaisen¹, Hakima Shakir Hassan² ***

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Corresponding author: Sajad Kareem Mohaisen**Email: Sajadam133@gmail.com****ORCID****ABSTRACT**

The influence of pain on one's quality of life, social connections, physical capacity, and mental health was significant. A nurse's or other health care professional's lack of information about pain evaluation and treatment, worries of opioid usage, abuse, and diversion, and misunderstandings about the therapeutic dose of analgesia can all contribute to inadequate pain relief. The research aims to evaluate the nurses' practice in the management of postoperative pain for adult patients after abdominal surgery. A major barrier to properly managing pain was a lack of awareness and practices of pain management. A quantitative design (descriptive study) was carried out at Al-Diwaniya Teaching Hospital for the period from 15th October, 2021 to 20th May, 2022. The present study aimed to evaluate of nurses' practices about management of postoperative pain for adult patients after abdominal surgery. Purposive sample comprised of (30) nurses who have been actually working in the surgical wards. Through the use of practice checklist includes (21) items concerning management of postoperative pain. The results of the study revealed that the majority of participants were have a poor level about management of postoperative pain as show with mean of score and standard deviation (1.58 ± 0.359). The study concluded that the nurses working in surgical wards have a poor level of practice about management of postoperative pain for adult patients with abdominal surgery.

Keywords: practices ,postoperative pain, abdominal surgery

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INTRODUCTION

Pain, both acute and chronic, is frequent, particularly among surgical patients and inpatients in general medical facilities. More than half (>50%) of hospitalized patients were in excruciating pain (Line et al., 2015). Every year, more than 230 million individuals throughout the world had surgery. With this yearly rise, more than 80% of patients had acute pain after surgery, with more than 75% experiencing moderate or severe pain. This means that 80% of patients who have undergone surgery will experience acute pain (Arab et al., 2016). The numerous training courses and application tactics available, researches reveal that between 55 and 78.6% of inpatients experience moderate-to-severe pain (Liyew et al., 2020). Postoperative pain (POP) was shown to be prevalent in 47-100 percent of patients. According to research conducted

over the previous three to four decades, 20 to 80 percent of individuals following surgery had inadequate pain management (Wurjine et al., 2018). The influence of pain on one's quality of life, social connections, physical capacity, and mental health was significant. Exhaustion, sleep disturbances, lack of appetite, and worry were some of the other symptoms. Untreated pain can have major repercussions, such as increased use of health services, duration of stay, and expenses. A nurse's or other health care professional's lack of information about pain evaluation and treatment, worries of opioid usage, abuse, and diversion, and misunderstandings about the therapeutic dose of analgesia can all contribute to inadequate pain relief. A lack of pain awareness and practices was a major obstacle to successful pain management (Salim et al., 2020). In reality, it can have a

direct impact on the comfort and lifestyle of patients, producing nausea, vomiting, weariness, tension, loss of control, poor quality of life, and a lack of sexual activity and public relations, as well as poor work performance and everyday activities (Arab et al .,2016; Shakya et al .,2016). Pain is an unpleasant sensory and emotional experience that is associated with real or potential tissue damage (Jaleta et al., 2021). Furthermore, pain is a unique, dynamic, and subjective experience of the nociceptive data centers in the higher brain. It can be influenced by a variety of elements, including sensory, emotional, and cognitive experiences, as well as distraction, attitude, beliefs, and heredity (Misiotek et al.,2018).. Therefore, thus study concerns the interventional program and nurses' practice toward management for postoperative pain for adult patients undergoing abdominal surgery in Al-Diwaniya Province/ Iraq.

METHOD

A quantitative design (descriptive study) has been conducted from (15th October, 2021 to 20th May, 2022). The researcher used a non-probability (purposive) sampling method on (30) nurses working at surgical ward in Al-Diwaniyah Teaching Hospital. The study instrument consists of two parts: the first part is demographic data for study sample which of age, gender, educational level, years of experience in nursing profession, years of experience in surgical wards. The second part is the observation checklist tool which consists of (21) items. The validity of the instrument and the interventional program were identified by presenting it to 13 experts. Descriptive and inferential statistics were used to analyse the results of

the study using the Statistical Package of Social Sciences (SPSS) version 21 and Microsoft Excel (2010). Approval achieved from the Council of the Nursing College/ University of Baghdad and Ethical Researches Committee for the study. Then the researcher submitted a detailed description including the study objectives and methodology (questionnaire) in order to obtain official permission from the Ministry of Planning (Central Statistical Organization) and to Al-Diwaniyah Health Directorate to carry out the study. After that in order to ensure the agreement and cooperation, the researcher sent a permission to Al-Diwaniyah Teaching Hospital. Written informed consent has been obtained from each nurse.

RESULTS

Findings revealed in table (1), the Mean age for the study sample is (27.2 ± 1.066). Most of their age study sample within the age group (25-29 years) 14 (46.7%) of participants. The majority of gender were female presented 17 (56.7%) of participants. Concerning the level education, the more of the nurses in study sample were nursing institute graduate, 11 (36.7). Regarding the years of experience in nursing the nurses in the study sample with Mean \pm SD 7.50 ± 6.600 , while the years of experience in the surgical wards with Mean \pm SD 4.16 ± 5.072 . According to the training course, the most nurses attended a training course with percentage (23.3%) just one time inside the Iraq and for one week. The results of table (2) show that the majority of participants were have a poor practices level about management of postoperative pain for adult patients with abdominal surgery as show with mean and standard division (1.58 ∓ 0.359).

Table 1. Demographic characteristics related to participants.

| Demographic Characteristics | Variables | Study Sample (n=30) | |
|-----------------------------|--------------------|---------------------|-------|
| | | f. | % |
| Age Mean \pm SD | 20 - 24 years | 5 | 16.7 |
| | 25 - 29 years | 14 | 46.7 |
| | 30 - 34 years | 8 | 26.7 |
| | 35 - 39 years | 2 | 6.7 |
| | 40 - 44 years | 0 | 0 |
| | 45 years and above | 1 | 3.3 |
| | Total | 30 | 100.0 |
| | Mean \pm SD | 27.2 ± 1.066 | |

| | | | |
|--------------------------------------|--------------------|------------------|-------|
| Gender | Male | 13 | 43.3 |
| | Female | 17 | 56.7 |
| Education level | School of nursing | 10 | 33.3 |
| | Nursing institute | 11 | 36.7 |
| | College of nursing | 9 | 30.0 |
| | Total | 30 | 100.0 |
| Social Status | Single | 12 | 40.0 |
| | Married | 16 | 53.3 |
| | Widowed | 0 | 0 |
| | Divorced | 2 | 6.7 |
| | Separated | 0 | 0 |
| | Total | 30 | 100.0 |
| Years of experience in nursing | Mean \pm SD | 7.50 \pm 6.600 | |
| Years of experience in surgery wards | Mean \pm SD | 4.16 \pm 5.072 | |
| Training course | Not participate | 23 | 76.7 |
| | One | 7 | 23.3 |
| | Two | 0 | 0 |
| Place of training | Not participate | 23 | 76.7 |
| | Inside Iraq | 7 | 23.3 |
| | Outside Iraq | 0 | 0 |
| Duration of the course | Not participate | 23 | 76.7 |
| | One week | 7 | 23.3 |
| | More than one week | 0 | 0 |

Table 2. Distribution of the Nurse's practices about pain management items for the Study sample.

| Practices about pain management items | | Study sample | | |
|---------------------------------------|---|--------------|------|--------------------|
| | | Mean | SD. | Evaluation |
| First part | Hand washing | | | |
| | a. Wash hands before starting any nursing work | 1.56 | .678 | Poor practices |
| Second part | Measures and document vital signs | | | |
| | a. Pulse | 1.66 | .802 | Poor practices |
| | b. Blood pressure | 1.60 | .723 | Poor practices |
| | c. Respiratory rate | 1.43 | .568 | Poor practices |
| | d. Temperature | 1.46 | .571 | Poor practices |
| Third part | Pain assessment | | | |
| | a. The nurse locate pain | 1.50 | .629 | Poor practices |
| | b. The nurse determine the prevalence of pain | 1.50 | .508 | Poor practices |
| | c. The nurse determine the nature of pain | 1.43 | .504 | Poor practices |
| | d. The nurse uses pain assessment tools, for example, numerical scale, face scale | 1.46 | .507 | Poor practices |
| Fourth part | Drug administration | | | |
| | a. Read the medical order and doctors notes | 1.63 | .668 | Poor practices |
| | b. Give prescribed pain medication on a fixed schedule | 1.66 | .711 | Poor practices |
| | c. Document dose | 1.83 | .791 | Moderate practices |
| | d. document route | 1.80 | .664 | Moderate practices |
| | e. document time of administration | 1.86 | .730 | Moderate practices |
| | f. Monitor side effects of pain medications | 1.50 | .629 | Poor practices |
| Fifth part | Non-pharmacological management to reduce pain | | | |
| | a. Changes the position of the patient | 1.76 | .817 | Moderate practices |
| | b. Instruct the patient to Perform deep breathing. | 1.43 | .626 | Poor practices |
| | c. Teach patient how to support pain area when cough | 1.43 | .678 | Poor practices |
| | d. Help patient to perform distracted activities | 1.56 | .626 | Poor practices |

| | | | | |
|-------------------------------|---|------|------|--------------------|
| | e. Document any non- pharmacological management with time | 1.36 | .490 | Poor practices |
| | f. Remove gloves and wash hands an disinfected with each patients | 1.83 | .791 | Moderate practices |
| Total mean of practices Items | | 1.58 | .359 | Poor practices |

M = Mean, S.D=Standard Deviation, Eva=evaluation level, P = poor (1 - 1.66), IN= Intermediate (1.67 - 2.32), G = Good (2.33 - 3).

DISCUSSION

This study used a purposive clinical trial design to evaluate nurse's practices about management of postoperative pain for adult patients undergoing abdominal surgery. The present study samples consists of 30 nurses. The mean age was 27.2 ± 1.066 .

This result match with the result of Alreshidi (2016) who find in his study that The bulk of the research participants were between the ages of 26 and 30 years (Alreshidi,2016).. In their study on postoperative pain management among health care professionals in the ILE-IFE hospital,Famakinwa et al., (2014) claimed that the most of the sample in their study was between the ages of 21 and 30 years (Famakinwa et al., 2014). With somewhat more were female 17 (56.7 %) than male for the study sample. Rafati et al., (2016) performed a research in Iran to evaluate nursing reports on patients' pain severity and quality, concurrent symptoms, the use of scales in pain assessment, and compliance with the national guideline following surgery, that stated the mean age of the patients was 34.55 ± 11.94 years, and 77.7% were female and mean of years of experience was 11.98 ± 9.04 (Rafati et al., 2016). Concerning to Levels of education, the study results showed that the majority of nurses 11 (36.7%) of nurses in the study sample were nursing institute. A study by Enlah et al., (2018) found that the majority of the nurses working in surgical ward were graduate from institute (Enlah et al., 2018). Concerning to years of experience in the surgical ward the study results showed that in the study sample with Mean \pm SD 4.16 ± 5.072 . According to a research done by (Nimer & Ghrayeb 2017), the study and control groups had a larger percentage of years of nursing experience (1-5) years (Nimer & Ghrayeb, 2017). Germossa et al., (2018) conducted a study to investigate the influence of an in-service training program on nurses' knowledge and attitudes about

pain management in an Ethiopian university hospital where the majority of nurses (67.6%) had worked in the field for less than 10 years (Germossa et al.,2018). Quliti and Alamri (2015) concluded that there was a gap in pain evaluation and management prior to attending an educational course in their study "Assessment of pain Knowledge, Attitude, and Practice of Health Care Providers" (Al-Quliti & Alamri, 2015). Alzghoul and Abdullah (2016) found that nurses' understanding of postoperative pain management was low level prior to participating in the educational intervention in their study "Pain Management Practices by Nurses: An Application of the Understanding, Attitude, and Practices Model." (Alzghoul and Abdullah, 2016).

CONCLUSIONS

This study reveals that the level of nurses practices who working in the surgical wards about postoperative pain management were poor.

ETHICAL CONSIDERATIONS COMPLIANCE WITH ETHICAL GUIDELINES

This study was completed following obtaining consent from the University of Baghdad.

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AUTHOR'S CONTRIBUTIONS

Study concept, Writing, Reviewing the final edition by all authors.

DISCLOSURE STATEMENT:

The authors report no conflict of interest.

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