



## Perceptions of Effective Pain Management in Relation to Hospital Nurse Roles

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### Abstract

**Background:** Pain is the most common symptom that prompts people to seek medical attention, and pain management involves many health-related disciplines. In medical settings, nurses play an important role in pain assessment and evaluation, as well as pain management interventions. As a result, their roles and perceptions (in terms of pain management) can influence their actions when dealing with this patient's primary complaint, resulting in either effective or ineffective pain management.

**Objective:** The purpose of this study was to help nurses recognize their roles and effective practices in managing patients' pain through assessment, intervention, and advocacy.

**Methods:** This cross-sectional survey was conducted among Registered Nurses (RNs) at a hospital in 2016. The hospital's various medical and surgical units were used to conveniently select 100 registered nurses. We used a 20-item (Agree/Disagree) questionnaire to assess several factors (demographics, patient behaviors, and nurses' perceptions of pain management). We reported means and numbers/percentages for continuous and categorical variables. For all analyses, SPSS version 21.0 (IBM® SPSS® Statistics) was used.

**Results:** Female nurses made up 75% of the study population (n = 75). When patients were in pain, the vast majority of nurses (> 96%) agreed that they informed their nurses. Furthermore, over 80% of them recognized their roles in assessing and managing pain in patients. However, only 60% of nurses agreed on using standardized procedures to help patients manage their pain.

**Conclusion:** We conclude that pain management is linked to the nurse role because the majority of patients in pain reported that they always complain to nurses and/or exhibit some behavior to nurses when they are in pain. More research is needed to establish a causal relationship between pain management and the role of the nurse, as well as to comprehend the process of implementing pain management standard guidelines.

**Keywords:** Nurse's Role; Pain; Pain Management

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## I. Introduction

One of the most important aspects of patient care is pain management, and nurses play an important role in effective pain management. For better clinical outcomes, accurate assessment, intervention, and adequate evaluation of pain relief measures are required [1]. There has been pain.

Always considered a defensive strategy, with the specific purpose of signaling an immediate, active danger [2]. Registered Nurse (RN) duties vary according to their area of expertise. They contribute significantly to wellness by offering a wide range of services. Registered nurses, according to the Ministry of Health of the Republic of Trinidad and Tobago, are primarily responsible for caring for and educating patients and their family members about early recovery and disease prevention. As a result, nurses evaluate patients' health problems and needs, create and implement nursing care plans, and keep medical records.

Furthermore, we carried out this research because acute and chronic pain are common problems in elderly care. According to research, pain is frequently misdiagnosed and undertreated. It is estimated that pain problems affect between 25% and 50% of community-dwelling older people [8,9]. Residents of nursing homes have a higher prevalence, ranging from 45 to 80 percent [8,10]. Pain has a wide range of effects. Pain has been linked to depression, decreased socialization, disrupted sleep, impaired ambulation, slow rehabilitation, and adverse effects from multiple drug prescriptions, as well as to help nursing leaders and other health professionals understand the critical role of nurses in pain management and how to improve pain assessment and management practices.

Other than that, nurses play an important role in several aspects of pain care, such as pain assessment/reassessment, developing a patient-centered treatment plan, implementing those plans, observing and reporting, and providing and reinforcing patient education. As a result, all of these aspects of the nursing process are critical in supporting best practices in pain management [3]. Furthermore, we are interested in conducting research on this topic because pain is the most common symptom that leads people to seek medical attention, and pain management encompasses a wide range of disciplines. Furthermore, the unique roles and perceptions of nurses regarding pain management influenced effective pain management. In this study, we will describe nurses' perceptions of patients' pain expressions, professional nurses' unique roles in assessing and managing pain, and nurses' perceptions of their ability to use standardized procedures to assist patients in pain management.

## II. Materials and Methods

### Study design

A cross-sectional design was used in this study to collect nurses' perceptions of their roles in the pain management process, which included pain assessment, intervention, and evaluation. It was founded on primary data gathered via questionnaires from all selected registered nurses working in various units at the hospital.

### Sample

This study's study population was convenience selected from some units that potentially meet patients who are frequently in pain condition, such as: Emergency Room and Intensive Care Unit (ER/ICU), Surgical Unit A (SU-A), Cancer Unit (CU), Chest-Abdomen Surgical Unit (CASU), Nephrology Surgical Unit (NSU), Child Surgical Unit (CSU), Neurology Unit (NU), Gynecology Unit (GU), Infectious Unit (IU). Otherwise, other registered nurses working in units not mentioned above are barred from participating in this study. However, there were some exceptions in the previously recruited sample: people who refused to participate in answering the survey questionnaires and those who moved to other units not mentioned above or transferred to work at other hospitals/places.

### Instrument

Before being used to collect data from selected registered nurses in various categories such as socio-demographic information, information related to pain management training experience, information about patient behavior related to their pain, information on the unique role of professional nurses, and information about nurses' perceptions, the twenty-item questionnaire was piloted with two groups of senior nursing students and two groups of staff nurses for validation. Our other independent research colleagues' team then cross-translated the

questionnaires, and a pilot study was conducted with groups of bridging students.

To maintain the validity of the questionnaires after translation, program student nurses who have clinical practice in selected units at the hospital.

#### Data collection

Following receipt of approval and support letter 1379 from the University of Health Sciences, as well as authorization letter 301 to investigate with all selected Hospital units. To avoid disturbing their duty, three small teams of research assistants went to collect data according to the schedule suggested by each chief of unit based on their available time. Each of the three small research assistant teams has two members. In addition, nine units were selected for data collection. A small team then responded for three units of data collection. Each team collected data on a regular basis from 9 a.m. to 12 p.m., and then again after a lunch break from 2 p.m. to 5 p.m.

#### Data analysis

SPSS version 21 was used for data analysis. Frequency and percentage were used in data analysis to describe demographics, patient behaviors, unique roles, and nurses' perspectives on pain management.

#### Ethical approval

With letter number 1379, the University of Health Sciences approved and supported this study, as well as authorization letter number 301 to investigate with all selected Hospital units. Then, all chiefs of each chosen unit approved data collection activities and provided support for an announcement to their registered nurses working in each chosen unit, encouraging participation. Furthermore, a consent form was obtained and signed by fully volunteer participants for agreement; all data were kept confidential and anonymous. As a result, this study was carried out in accordance with the principles of the National Ethics Committee for Health Research.

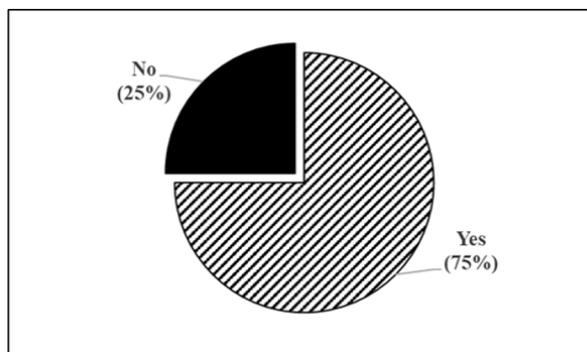
#### Results

The findings revealed that (63 = 63%) of the 100 registered nurses who participated in the study were females, while (37 = 37%) were males (Table 1). They came from the following departments at : Emergency and ICU 25 (25%), Gynecology Unit 15 (15%), Infectious Unit 12 (12%), Nephrology Surgical Unit 11 (11%), Chest-Abdomen Surgical Unit 10 (10%), Cancer Unit 10 (10%), Surgical Unit A 6 (6%), Child surgical Unit 6 (6%), Neurology Unit 5 (5%). (Table 1). Furthermore, 75 (75%) of the 100 registered nurses who participated in this study had received formal pain management training, while the remaining 25 (25%) had never received formal pain management training (Figure 1). Furthermore, the results revealed that patients' behaviors express to nurses when they are in pain, and nurses always receive reports from patients who complain about pain, with a ranking ranging from 96% to 99%. Furthermore, this result demonstrated the unique role of a professional nurse who is in charge of pain management. The results showed that a high percentage of respondents (89% to 98%) agreed on the answer.

Abbreviations	Variable		Frequency (N = 100)	Percent (%)
	Male	Female		
ER/ICU	11	14	25	25
SU-A	4	2	6	6
CU	4	6	10	10
CASU	3	7	10	10
NSU	3	8	11	11
CSU	4	2	6	6
NU	3	2	5	5
GU	0	15	15	15
IU	5	7	12	12
Total	37	63	100	100

**Table 1:** Social demographic detail of participants.

ER/ICU: Emergency Room/Intensive Care Unit; SU-A: Surgical Unit A; CU: Cancer Unit; CASU: Chest Abdomen Surgical Unit; NSU: Nephrology Surgical Unit; CSU: Child Surgical Unit; NU: Neurology Unit; GU: Gynecology Unit; IU: Infection Unit.



**Figure 1:** Formal training in pain

Otherwise, the high percentage of correct answers (Agree) for nurses' perception revealed that their perception of their role is related to their ability to use standardized procedures to assist patients with pain management. Two items (2, 3, 5, 6, 7, 8, 9, 12, 13, 14) had more than 60% correct answer response rates ranging from (62% to 100%) and a lower percentage of (Disagree) answer response rates ranging from (62% to 100%) (1% to 38%). Then only three items were surveyed (3, 10, 11), with a high percentage of responses (Disagree) ranging from 72% to 76%. (Table 2).

Variables	AgreeN (%)	DisagreeN (%)
Substance abuse, causes addiction, will result in respiratory	98 (98%)	2 (2%)
2. Nurses are essential members of the pain management team	89 (89%)	11 (11%)
Older people have pain and it is expected that the elderly, especially the frail elderly, always have some pain	24 (24%)	76 (76%)
Assess pain in a sensitive and consistent manner using valid and reliable assessment tool	77 (77%)	23 (23%)
5. There are three different types of pain: Acute Pain, Chronic Pain, Breakthrough Pain	94 (94%)	6 (6%)
6. The standard of care is effective on pain assessment and pain management	99 (99%)	1 (1%)
7. Some pain is good so that the patient's symptoms are not masked	97 (97%)	3 (3%)
8. Acute pain associated with trauma, surgery, or acute medical conditions	97 (97%)	3 (3%)
9. Pain management is affected by cultural and institutional barriers, which may include personal, cultural and institutional barriers	74 (74%)	26 (26%)
10. Types of opioid analgesics have used in Chronic pain	28 (28%)	72 (72%)
11. The patient should request additional pain medication before pain	26 (26%)	74 (74%)
12. Nurses should continuously pain assessment after giving pain medicines	97 (97%)	3 (3%)
13. The patient's level of pain has been identified by using pain assessment tool	62 (62%)	38 (38%)
Pain assessment and management should be recorded in a clear and readily accessible manner	100 (100%)	0%

**Table 2:** Perception of nurse related to pain management.

### III. Discussion

Our research provided important information about Registered Nurses' perspectives on pain management. According to all nurses (n = 100), 96 - 99 percent of patients in pain report their pain to nurses. This study supported the findings of the International Journal of Caring Sciences, which discovered that the acceptable answer was 50.5 percent, and we can also see that our result was quite high when compared to the Taiwanese nurses study [4]. Because, according to our findings, when patients are in pain or ill, they always exhibit or complain to nurses, such as a grimace or frown, clenched jaw, quivering chin, or acting disinterested [5]. This is to emphasize the significance of nurses in providing patients with comfort and alleviating or reducing their pain.

In our study, professional nurses had an 89-98 percent success rate in assessing and managing pain in patients (agree). We also contributed to a study published in the International Journal of Caring Sciences, which discovered that nurses who received pain management training used pain assessment tools to assess patient pain at a rate of 93 percent [6], which was similar to ours.

Furthermore, the majority of the nurses who participated in our study reported having completed a pain management course (Figure 1). This finding strongly suggests that all nurses play a distinct role in relieving patient pain. Then, pain management should be a relevant training course for all nurses because they are an important healthcare professional who spends the most time with patients when compared to other health professions. Otherwise, with more than 60% agreeing and less than 40% disagreeing, the perception of a nurse's role is related to their ability to use standardized procedures to assist patients in pain management. According to the Global Advanced Research Journal of Nursing and Midwifery, the pain knowledge response agreement was 66.6 percent. Consider our study in comparison. The study used a similar instrument for nurses in Turkey's west (35.41% agreed answer) [7].

Because a high percentage of nurses who had been trained in pain management courses used their knowledge, attitude, and clinical decision-making skill in pain management by following guideline standard procedure, our study had a higher correct answer percentage than other studies. This finding emphasized the importance of using pain management standardized procedures as a foundation tool for all nurses to use when implementing patient pain management in order to ensure that all patients receive the same standard of pain management from all nurses. Nonetheless, based on the high percentages of all selected participants who completed all perception questionnaires, this study presents the relationship between a nurse's role and effective pain management, demonstrating the critical role of nurses in providing effective pain assessment and management to patients during clinical duties that hospitals and all other related health professions must recognize.

Nurses in particular are required to provide high-quality holistic care. Our study, on the other hand, has a number of limitations. To begin with, the study sample consisted of only 100 RNs from, limiting the results' generalizability to the nursing population. Furthermore, due to a set of structured questions, the depth of questioning was limited in this study, and nurses who completed the questionnaire may not have fully understood. Last but not least, we were unable to determine the effectiveness of pain management in relation to nurses' role because the frequency with which nurses provided care to the patient was not observed.

### IV. Conclusion

The patient's first complaint at the hospital is always pain, whether mild, moderate, or severe. According to our research, nurses will be among the first to learn about this. Furthermore, we discovered that the majority of patients reported their pain to nurses in a variety of ways, including displaying pain-related behavior or directly complaining. According to the participants' reports, a professional nurse's unique role in assessing and managing pain in patients was performed in the hospital. Then, we can see that effective pain management is strongly linked to the nurse's role as well as their knowledge, skills, and abilities in pain assessment and management. Because all nurses are frontline and critical health professionals who spend the majority of their time with patients.

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