A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Pain Assessment and Management among Staff Nurses Working in Adesh Hospital Bathinda, Punjab

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ABSTRACT

The sensory and emotional experience of pain plays an important protective role in human health and well-being, by alerting a person to actual or potential physical injury. Appropriate pain management has been shown to be associated with better overall patient results, shorter length of hospitalization, and reduced cost of care. Thus the present Study was planned to assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Pain Assessment and Management among Staff Nurses working in Adesh Hospital Bathinda, Punjab".

Objectives: 1. To Assess the Knowledge Regarding Pain Assessment and Management among Experimental and Control Group By Conducting Pre-Test. **2.** To Assess the Knowledge Regarding Pain Assessment and Management among Experimental and Control Group By Conducting Post-Test. **3.** To Compare the Knowledge Regarding Pain Assessment and Management Between Experimental and Control Group. **4.** To Find the Association Between the Level of Knowledge among Experimental Group and Control Group with their Selected Socio Demographic Variables. Quasi Experimental One Group Pre-Test and Post-Test Design with Control design was used. An Evaluative Approach was adopted to conduct the Study.60 Staff nurses were selected using Non Probability Convenience Sampling Technique in Adesh Hospital of Bathinda, Punjab. The Researcher Approached the Eligible Staff Nurses and those who were willing to participate in the Study were required to sign a Consent Form, Fill the Questionnaire and then Return to the Research Immediately. Pre- Test was conducted in Both Experimental and Control Group and after that STP was given to the Experimental Group and Post- Test was conducted after 7 Days of Teaching in Both the Groups.

Results: Before Administering STP, by Conducting Pre-Test in Both the Experimental And Control Groups, It was found that the Majority 27(90%) of Respondents had below average Knowledge Regarding Pain Assessment And Management in Experimental Group and 26(86.7%) in Control Group. The Mean Percentage and SD of Pre-Test Score Was 26.25% with SD +/-2.675 in Experiment Group and 27.17% with SD +/-2.897 in Control Group. With implementation of Structured Teaching programme among respondents in Experimental Group, the Knowledge Mean Percentage And SD For Post-Test Was 70.67% With SD+/- 2.067 increased Respectively. This shows there was a significant improvement in the Knowledge of Staff Nurses Regarding Pain Assessment and Management. In The Present Study Paired T- Test was done to compare between Pre- Test and Post- Test to Compute the Mean Knowledge Scores. Therefore, the Result Shows a Significant Difference Between Pre-Test Knowledge Score and Post-Test Knowledge Score of Experimental Group Calculated at t=26.557, P=<0.0005.Hence, Structured Teaching Programme was highly effective in improving the Knowledge of Staff Nurses Regarding Pain Assessment and Management. There was No Statistically Significant

Association found Between Knowledge Scores of the Respondents and Selected Demographic Variables.
Conclusion The results provided valuable information to the Staff Nurses Regarding Pain Assessment and Management and Effectiveness of STP Were Seen from the Results of Post- Test. It depicts that there is significant increase in the Knowledge Level of Staff Nurses. This Study Concluded that STP is Effective Tool to improve the Knowledge of Staff Nurses Regarding Pain Assessment and Management.

Key Words: Assess, Effectiveness, Structured Teaching Programme, Pain Assessment, Pain Management, Staff Nurses

INTRODUCTION

The sensory and emotional experience of pain plays an important protective role in human health and well-being, by alerting a person to actual or potential physical injury. Often, painful symptoms can be self-managed while the underlying cause resolves or is treated and recovery occurs. [1] Inadequate pain assessment and management have been associated with increased morbidity and mortality rates within the critical care settings. Appropriate pain management has been shown to be associated with better overall patient results, shorter length of hospitalization, and reduced cost of care. [2] Pain management is an integral part of nursing and nurses have responsibility to effectively manage the patient's pain and effective pain management demands knowledge, persistence and creativity. [3] Assessment is an essential, but challenging, component of any pain management plan. Pain is subjective, so no satisfactory objective measures of pain exist. Quality of pain assessment by Nurses is major attribute of pain management, effective pain assessment required for the Nurses knowledge about pain. [4]

OBJECTIVES:

1. To assess the knowledge regarding Pain Assessment and Management among experimental and control group by conducting pre-test.
2. To assess the knowledge regarding Pain assessment and management among experimental and control group by conducting post-test
3. To compare the knowledge regarding Pain assessment and Management between experimental group and control group.
4. To find the association between the level of knowledge among experimental group and control group with their selected socio demographic variables.

MATERIAL AND METHODS

Quasi-experimental One group pre-test post-test design. The design can be represented as: [5]

Group	Pre- test	Intervention	Post test
Experimental group	O$_1$	X	O$_2$
Control group	O$_1$	-	O$_2$

O$_1$: Pre- test was measured by assessment of knowledge through structured Knowledge questionnaire.

X: Administration of structured teaching programme on pain assessment and management

- :No intervention was given to the control group.

O$_2$: Post- test was measured by using same knowledge questionnaire

VARIABLES UNDER STUDY:

Independent variable: Structured Teaching Programme .**Dependent variable**: Knowledge of staff nurses regarding pain assessment and pain management.

SETTING: The setting chosen for this study was Adesh Hospital, Bathinda, Punjab which is 850 bedded multi-specialty hospital situated in the campus of Adesh University, Bathinda, Punjab. The data was collected from staff nurses working in ICU, CCU, emergency, Medical ward and surgical wards.

SAMPLING: The sampling technique used was convenience sampling technique.

SAMPLE SIZE: The sample size for the present study was 60.

DESCRIPTION OF TOOLS:
A self-structured knowledge questionnaire developed on the basis of review of the relevant literature.
PART-I:-Socio-demographic variables: It consists of 10 items to obtain socio-demographic information such as age, sex, religion, marital status, educational level, work experience, area of residence, area of work, years of experience in particular area, any course/try module attended regarding pain assessment and management.

PART-II: - The knowledge questionnaire consisted of 40 items in the form of multiple choice questionnaires. The respondent has to circle one most appropriate answer. Every correct answer one mark was allotted. The copies of this tool were circulated among the experts in the field of nursing experts, physician, and statistician. The final draft of the research study was finalized after corporating the valuable suggestions by the experts.
Interpretation of range according to their level of knowledge

Levels of knowledge	Range
Below average	1-13
Average	14-26
Above average	27-40

PART III: It consists of structured teaching programme on pain assessment and management.

RESULTS

Table- 1: Pre- test knowledge score of staff nurses regarding Pain assessment and management. N=60

	Group	Mean	S.D	Mean %	Mean Range
PRE-TEST	Experimental	10.50	2.675	26.25%	12
	Control	10.87	2.897	27.17%	12

Table- 2: Post- test knowledge score of staff nurses regarding Pain assessment and management. N=60

	Group	Mean	S.D	Mean %	Mean Range
POST-TEST	Experimental	28.27	2.07	70.67%	8
	Control	11.53	3.980	28.83%	19

Table-3: Comparison of pre- test and post- test knowledge score in experimental group. N=30

Paired t test	Experimental Group			
	Mean	SD	df	't' value
Pre test	10.50	2.67	29	26.557
Post test	28.27	2.07		S

MAJOR FINDINGS:
➢ Majority of staff nurses 27(90%) had below average knowledge in experimental group and 26(86.7%) in control group knowledge score regarding pain assessment and management in pre-test.
➢ The pre test mean knowledge score of staff nurses was 10.50 with standard deviation +/-2.675 in experimental group and mean knowledge score of staff nurses 10.87 with standard deviation +/- 2.897pre- test control group.

➢ The post- test mean knowledge score of staff nurses was 28.27 with standard deviation +/- 2.067 in experimental group and 11.53 mean knowledge score with standard deviation +/-3.980 in control group.
➢ The difference between the pre-test and post- test mean knowledge score in experimental group was statistically significant at t= 26.557, p<0.0005 level.
➢ The improvement had seen in knowledge level of all 60 staff nurses (80% good knowledge) after administering structured teaching programme on pain assessment and management. Although there was no statistically significant association found between knowledge scores and selected demographic variables.

➢ Therefore, it can be inferred that with proper guidance there can be significant change in knowledge of staff nurses regarding pain assessment and management

CONCLUSION

The mean post-test knowledge score in all areas of knowledge questionnaire was significantly higher than pretest knowledge score.

IMPLICATIONS
1. NURSING EDUCATION
- Student nurses should be educated about pain assessment and management.
- In service education should be planned for the nurses to upgrade their knowledge and practice regarding pain assessment and management
- Induction program should be organized by continuous nursing education cell of an institution for the staff nurses regarding evidenced based procedure.
- Educational aids should be developed regarding pain assessment and management

2. NURSING ADMINISTRATION
- Nurse administrator should organize various in-service education/ program /workshop to update the knowledge and practice of nursing employees on pain assessment and management
- Nurse administrator should employ and encourage the use of new and creative teaching strategies utilizing the latest technologies directed towards the goal of enhancing the knowledge and practice of staff nurses regarding pain assessment and management.
- Nursing administrator should appoint a nurse responsible for training regarding pain assessment and management.

3. NURSING PRACTICE
- Nurses play a vital role in providing care to the patient, so it is imperative for nurses to provide pain assessment and management.

- Nurse educator should use a standardized, valid and reliable structured knowledge questionnaire and observation checklist to assess the knowledge and practice among staff nurses.
- Nurse educator should assess baseline knowledge and practice of staff nurses regarding pain assessment and management.
- Nurses should follow the proper guidelines and technique for pain assessment and management
- Nurses should re-evaluate the level of knowledge and practice after implementation of training program to determine the practice.

RECOMMENDATIONS
- The study can be replicated on a larger sample of staff nurses in different setting for making broad generalization.
- A true experimental study can be conducted with training program regarding pain assessment and management
- A study can be conducted to assess the knowledge and attitude among staff nurses regarding pain assessment and management.
- A descriptive study to assess the knowledge and practice of staff nurses regarding pain assessment and management.
- Various teaching strategies like demonstration, video teaching regarding pain assessment and management can be developed.

CONFLICT OF INTEREST
No

SOURCE OF FUNDING
Self

ETHICAL CLEARNCE
Ethical approval to conduct the study was obtained from the institutional Ethical Committee of Adesh University, Bathinda, Punjab.

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