



## IRANIAN NURSES' KNOWLEDGE OF PAIN AND PAIN MANAGEMENT: REVIEW

Nahid Tavakol (MSc)<sup>1</sup>, Parisa Nasirpour<sup>2\*</sup>, Zabihollah Rezaeian (BSc)<sup>3</sup>

1. Shiraz University of Medical Sciences, Shiraz, Iran.
2. Student Research Committee, School of Nursing and Midwifery, Shiraz University of Medical Science, Shiraz, Iran
3. Shiraz University of Medical Sciences, Shiraz, Iran.

### ARTICLE INFO

**Received:**

03<sup>th</sup> Jun 2017

**Accepted:**

29<sup>th</sup> Nov 2017

**Available online:**

14<sup>th</sup> Dec 2017

**Keywords:** *knowledge of pain, pain management, nurse, Iran, review*

### ABSTRACT

**Background and objective:** Investigating the pain as the fifth vital sign [6] as well as one of the main steps of nursing process is of the main tasks of nurses. In order to manage the pain, nurses' knowledge of pain, their proper attitude and performance are required. The present study aimed to review the studies performed on the Iranian nurses' knowledge of pain and pain management. **Method:** the titles and keywords of articles were analyzed using the keywords of "knowledge of pain", "pain management", "nurse" and "Iran". Databases of PubMed, Magiran, Medlibre, SID, Google Scholar were examined up to 2015. No limitation was considered on language and date of publication.

**Results:** 14 articles were recognized eligible and examined. The results showed that Iranian nurses have the moderate knowledge of pain, positive attitude towards the relief of patients' pain and weak to moderate performance in pain management.

**Conclusion:** the results of the study show Iranian nurses' inadequate knowledge of pain and improper pain management and it is recommended to consider training programs on pain for nurses and to create pain committees in hospitals.

Copyright © 2013 - All Rights Reserved - Pharmacophore

**To Cite This Article:** Nahid Tavakol (MSc), Parisa Nasirpour, Zabihollah Rezaeian (BSc) , (2017), "iranian nurses' knowledge of pain and pain management: review", *Pharmacophore*, 8(6S), e-1173216.

### Introduction

Pain is a common phenomenon that everyone experiences it in his life and his experience is completely private [1]. Pain is an unpleasant sensory and emotional experience associated with active or potential tissue damage [2]. The pain management aims to prevent patient's pain and suffering and to enhance the quality of life and this requires a correct assessment of patient's pain [3]. Lack of proper management and assessment of pain result in mortality and morbidity [4]. Non-relief of pain and its continuation, in addition to negative physiologic responses such as changes in vital signs and hyperkalemia, have psychological effects such as delirium, anxiety and post-traumatic stress disorder [5]. Investigating the pain as the fifth vital sign [6] is one of the main steps of nursing process which refers the responsibility of nurse, as the first person visiting the patient in the triage of patients, in the recognition of pain and its signs and pain management. The patients want to have no pain and the nurses are one of those who are responsible for relieving the patients' pain [1]. The nurse spends the most time with the patient and plays the main role in investigating the pain, taking pain relief measures and re-evaluating the pain. Health care providers' knowledge of physiologic effects of pain is very important and nurses, regardless of where they work, should have adequate knowledge and skills to evaluate the pain and its effects on the patient. Also, they should know the methods of pain relief and evaluate the effectiveness of these methods

[1, 7]. Subjective nature of pain as defined by the International Association of pain [7], make the correct estimation of pain difficult for the nurse and this is one of the causes of non-relief of pain [6]. Therefore, knowledge of pain is essential for nurses to accurately estimate the pain and its management. Many studies have shown the medical team's lack of awareness of physiology of pain and pain assessment tools [8-10]. The studies have shown that the patient hospitalized in the hospitals still suffer intense pain [2, 11]. Pain management includes the use of all the ways to prevent or relieve pain [12]. In order to manage the pain, nurses' knowledge of pain, their proper attitude and performance are required [13]. The present study was performed to review the studies performed on the Iranian nurses' knowledge of pain and pain management. [23]

#### Materials and method

In this systematic review, the keywords of pain, pain management, knowledge of pain, nurse and Iran were searched in databases of Pubmed, medline, Magiran and SID and search engine of Google Scholar without time limit and then then relevant and proper articles were selected based on to what extent they were related to the topic and then, their contents were analyzed.

#### Results

Totally, 10 articles in English and Persian were selected. 8 articles were analytical-descriptive, 1 article was qualitative and 1 article was experimental. The studies were conducted between 2006 and 2014, and involved the nurses from all wards, including pediatric, surgical, cardiac, ICU and cancer wards. (Table 1) shows a summary of the studies related with the present study.

In analytical-descriptive studies on the field of assessment of nurses' knowledge, attitude and performance, Iranian nurses of different wards have been studied using researcher-made questionnaire.

**Table 1:** Summary of the studies related with the present study

No.	Author	Type of study	Objective	Result
1	Asadi Noghabi et al.-2014	Analytical-descriptive-English	To determine knowledge, attitude and application of knowledge of pain and pain management in pediatric ward	Low knowledge, positive attitude and poor performance of nurses in controlling infants' pain
2	Alavi et al.-2006	Analytical-descriptive-Persian	To determine knowledge, attitude and performance of nurses of pediatric ward in pain management	Moderate knowledge, neutral attitude and moderate performance of nurses in controlling the pain
3	Heidari et al.-2008	Analytical-descriptive-Persian	To examine the role of nurse in checking and managing cardiovascular patients	High knowledge and poor performance of nurses in relieving heart pain
4	Mamishi et al.-2006	Analytical-descriptive-Persian	To examine the knowledge and attitude of nurses of cancer ward in managing the pain	Moderate knowledge and positive attitude of nurses in pain management

5	Shahnazi et al.-2012	Analytical-descriptive-English	To examine the knowledge and attitude of nurses in managing cancer pain	Nurses' inadequate knowledge and attitude in management of cancer pain
6	Iranmanesh et al.-2014	Analytical-descriptive-English	To examine the knowledge of nurses in palliative care	Nurses' inadequate knowledge in palliative care
7	Ghazanfari et al.-2010	Analytical-descriptive-Persian	To examine nurses' views about the barriers to using pain relief methods	In adequate knowledge of nurse was reported as the most effective barrier in using pain relief methods
8	Zargarzadeh et al.-2012	Analytical-descriptive-Persian	To examine the barriers to using complementary medicine in relieving patients' pain by nurses	Low knowledge of nurses
9	Varavani Farhani et al.-2013	Quasi-experimental-Persian	To examine the impact of pain assessment workshop on nurses' knowledge, attitude and performance	Low knowledge, poor attitude and performance of nurses before training
10	Nam Nabati et al.-2008	Qualitative-Persian	To examine nurses' experiences in pain management	High knowledge and poor performance of nurses in managing children's pain

### Field of knowledge assessment

Heidari and Nam Nabati [11,12] have reported the nurses' high knowledge of patients' pain, Alavi and Mamishi [1, 14] have reported the nurses' moderate knowledge of patients' pain and Shahnazi, Iranmanesh and Asadi Noghabi [6, 15, 16] have reported the nurses' low knowledge of patients' pain.

Asadi Noghabi [13] has noted to the significant relationship between the knowledge of pain and nurses' education level. Shahnazi and Ravani Farhani [15, 3] have emphasized on the role of education in promoting the nurses' knowledge of pain. Also, Alavi [14] knows the increased knowledge of pain effective in increasing the nurses' performance in pain management. Mamishi [1] has noted to the positive relationship between nurses' knowledge of pain and their positive attitude in pain management.

### Field of attitude

Asadi Noghabi, Heidari, Mamishi and Shahnazi [1, 11, 13, 15] have reported nurses' positive attitude and Alavi [14] has reported nurses' neutral attitude to management of patients' pain.

### **Field of performance**

Asadi Noghabi and Alavi [13, 14] have noted to nurses' moderate performance and Heidari [11] has noted to nurses' poor performance in the management of patients' pain. Alavi [14] knows the increased knowledge and attitude effective in increasing nurses' performance in management of patients' pain.

Varorani farhani [3], in a quasi-experimental study, has reported the increased knowledge, performance and attitude of nurses in the management of patients' pain by holding training sessions of pain assessment.

### **Discussion**

According to the studies reviewed, the results showed that the nurses of different wards showed different knowledge, attitude and performance in pain management. Heidari and Nam Nabati [11,12] noted to the high knowledge of nurses of cardiac and pediatric wards in the management of patients' pain while Alavi[14] and Asadi Noghabi[13] have reported the moderate and low knowledge of nurses of pediatric ward in the management of patients' pain, respectively. Also, international qualitative and quantitative studies show nurses' inadequate knowledge in the pain management and especially, in the use of pain assessment tools [17, 19].

Nam Nabati has examined the experiences of nurses of pediatric ward and concluded that in order to manage the pain, the nurses need to constantly check the patient and adequate skill and experience and it seems that misinterpretation of pain management hinders the effective pain management [12].

Although most studies have reported the positive attitude of nurses in pain management but it seems that positive attitude cannot be very effective in increasing the knowledge of pain and improvement of pain management alone and other incentives, in addition to nurses' positive attitude, are required to convert attitude to motivation and to provide correct pain management.

According to the studies performed in Iran and in the world, there are barriers such as misconceptions about pain and the use of narcotics [12], personnel dimensions such as lack of time [1], lack of training courses of pain management for nurses [1, 13, 20, 14], lack of standards and policies of pain assessment [3, 12] and non-use of pain assessment tools [21, 22] in the correct pain management by the nurses.

Nurses relieve the patients' pain based on their understanding of pain and the difference between the nurse and patient in terms of understanding of pain plays a very important role in relieve of patient's pain [11]. Alavi believes that correct performance in managing the patients' pain requires increased knowledge and attitude [14] and nurses' increased knowledge on the quality and intensity of patients' pain and use of pain assessment tools seems necessary.

### **Conclusion**

Nurses' increased knowledge, attitude and performance on patients' pain improve correct pain management by nurses. Knowledge, attending in in-service training courses and work experience impact on nurses' positive attitude in pain management and holding pain management training classes, creating pain committee and providing the forces required to increase nurses' positive attitude and patients' satisfaction and quality of health services seem necessary.

### **References**

1. Mamishi N, Behroozishad F, Mohagheghi M, Eftekhar Z, Shahabi Z. The study of nurses' knowledge and attitudes regarding cancer pain management. *Hayat*. 2006; 12 (2):23-32
2. Williams A, Manias E. A structured literature review of pain assessment and management of patients with chronic kidney disease. *Journal of clinical nursing*, 2008. 17(1): p. 69-81.
3. varvani Farahani P, Hekmat pou D, Saeedi M, shamsikhani S. Investigation on the effects of pain assessment workshop on knowledge, attitude, and practice of nurses in Valie-Asr Hospital in Arak. *Mod Care J*. 2014; 10 (3):183-191
4. Shannon K, Bucknall. Pain assessment in critical care: what have we learnt from research. *Intensive and Critical Care Nursing*, 2003. 19(3): p. 154-162.
5. Pronovost P, Goeschel C. Improving ICU care: it takes a team. *Healthc Exec*, 2005. 20(2): p. 14-22.
6. Asadi-Noghabi F and et al., Neonate Pain Management: What do Nurses Really Know? *Global journal of health science*, 2014. 6(5): p. p284.
7. Callahan, R.E., C.P. Fleenor, and H.R. Knudson, *Understanding organizational behavior: A managerial viewpoint*. 1986: Merrill Publishing Company.
8. Farahani, P.V. and F. Alhani, Barriers to apply pain assessment tools in children by nurses. *Journal of Shahid Beheshti School of Nursing & Midwifery*, 2008. 18(62).
9. Farahani PV, Alhani F, Mohammadi E. Effect of establishing pain committee on the pain assessment skills of paediatric nurses. *International journal of nursing practice*, 2014. 20(5): p. 499-509.
10. Aghdami M, Alhani F. Obstacles to Implementation of Professional Pediatric Nursing. *IJN*. 2010; 23 (67):69-79

11. Heydari A, Najjar L, Estagi Z. The role of nurses in pain management of coronary heart diseases in Sabzevar, Iran. *J Gorgan Uni Med Sci.* 2008; 10 (2):59-64
12. Namnabati M, Abazari P, Talakoob S. Nurses` Experiences of Pain Management in Children. *Nursing research,* 2008; 3(10-11):73-84.
13. Asadi Noghabi F, Soudagar S, Nazari O. Knowledge, attitude and performance of nurses regarding pain assessment and measurement, Bandar Abbas, Iran. *Medical journal of hormozgan,* 2012; 16(5): 403-414.
14. Alavi, Namnabati, Abdeyzadeh, Parvin, Akbari, Samipoor and et al . Pediatric pain management by nurses in educational hospitals of Shahrekord in 12006. *J Shahrekord Univ Med Sci.* 2008; 10 (2):59-65
15. Shahnazi H and et al. The survey of nurse's knowledge and attitude toward cancer pain management: Application of Health Belief Model. *Journal of education and health promotion.* 2012;15.
16. Iranmanesh S and et al. Nurses' knowledge about palliative care in Southeast Iran. *Palliative and Supportive Care.* 2014. 12(03): p. 203-210.
17. Van Niekerk LM, Martin F. Tasmanian nurses' knowledge of pain management. *International journal of nursing studies,* 2001. 38(2): p. 141-152.
18. Visentin M and et al., Knowledge and attitudes of Italian medical staff towards the approach and treatment of patients in pain. *Journal of pain and symptom management,* 2001. 2:(5)2 p. 925-930.
19. Vincent C.V.H., Nurses' knowledge, attitudes, and practices: Regarding children's pain. *MCN: The American Journal of Maternal/Child Nursing,* 2005. 30(3): p. 177-183.
20. Lai YH and et al. Are nurses prepared to manage cancer pain? A national survey of nurses' knowledge about pain control in Taiwan. *Journal of pain and symptom management,* 2003. 26(5): p. 1016-1025.
21. Valizadeh, S., Tazakori, Z., Mohammadi, E., Hassankhani, H., Foladi, M., Spiritual care experiences of iranian nursing students: A descriptive, exploratory study, *Journal of Hospice and Palliative Nursing.* Volume 14, Issue 4, June 2012, Pages 268-273
22. Falanga IJ and et al., Management of acute pain in children: safety and efficacy of a nurse-controlled algorithm for pain relief. *Acute pain,* 2006. 8(2): p. 45-54.
23. Tabrizi R, Zolala F, Nasirian M, Baneshi MR, Etminan A, **Sekhavati E**, Khodadost M, Haghdoost AA. Estimation of the prevalence of chronic kidney disease: The results of a model based estimation in Kerman, Iran. *Med J Islam Repub Iran* 2016 (5 March).Vol. 30:338. *Medic al Journal of the Islamic Republic of Iran (MJIRI) Iran University of Medical Sciences.*