

Thesis Title Pain Management and Outcomes in Postoperative Patients

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ABSTRACT

Surgery not only has the therapeutic effects but can also produce various undesirable impacts for patients including pain. Successful in pain management is an indicator of quality of care system. This descriptive study aimed to describing the situation of postoperative pain management and its outcomes. The accessible population of 42 professional nurses working in general surgical and orthopedic wards of Lampang Hospital was recruited. A purposive sample of 355 adult postoperative patients was obtained.

The instruments for data collection consisted of the Surgical Pain Management Questionnaire developed by the investigator based on the six components of pain management proposed by the Joint Commission on Accreditation of Healthcare Organization and the Pain Outcome Interview Form modified from the pain outcomes proposed by the American Pain Society. Data was analyzed by using the descriptive statistics.

Results of the study revealed that most of the nurses reported that they regularly performed activities regarding pain management for their patients. For patient rights and ethics component, they informed the patients about their right to asking for pain control (83.3%), regularly assessed the pain (71.4%), provided opportunity to select methods of pain management (61.9%), and informed about the right to change the pain medicine (50.0%).

Most of the nurses assessed pain every time before providing pain medicine (90.5%) and reassessed regularly after pain management (76.2%). All nurses did not use any standard pain assessment tools but assessed by asking and observing the signs of pain. The majority of nurses provided pain medicine according to the severity of pain (97.6%) and the prescription (92.9%). These nurses regularly recorded the use of pain medicine (76.2%) and provided non-pharmacological pain management only 50.0%.

Most nurses performed pain education by regularly provided knowledge about postoperative pain control before and after surgery (42.8% and 73.8% respectively). They regularly provided information about significance of pain control (64.3%) and side effects of pain medicine (76.2%). In terms of continuing care, they regularly notified physicians when pain medicine was not effective (83.3%), reassessed pain and influencing factors (61.9%), and improved nursing intervention (54.8%). The study findings also revealed that only 50.0 percents of the nurses reported that they regularly participated in the hospital activities for quality improvement.

Regarding outcomes of pain management as reported by the postoperative patients, only 18.9% of them reported highly effective of pain relief. The rest of them reported moderate and mild pain relief (49.6% and 31.5% respectively). After pain management, the patients reported moderate degree of their functional ability (49.6%), high degree of social interaction (64.8%), moderate degree of sleep (44.2%), moderate degree of postoperative self-care practice (51.5%), and moderate degree of recovery from surgery (51.0%). Most of the patients reported moderate degree of satisfaction in terms of nursing care and pain management (53.0% and 48.7% respectively).

The findings of this study can be used as baseline information of the hospital for improving the quality of pain management. The results can also be used as database for further study.