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## **A study about knowledge, attitude and practice regarding post-operative care and pain management among nursing staff in tertiary hospital in Lucknow**

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### **ABSTRACT**

Nowadays a large number of patients has an indispensable need of proper postoperative care including proper pain assessment and management. Here comes the important role of nurses and paramedics as they have to be a longer time along with the patients. So a lot of the tertiary care hospitals should start educating and making the nurses and paramedics more proficient in this postoperative care. To assess and compare the knowledge, attitudes and practice regarding post-operative care and pain management among nursing staff in tertiary care hospital in Lucknow. Both qualitative and quantitative approaches were used. Qualitative content analysis inspired by the hermeneutic philosophy was used to describe the surgical nurses' experiences in caring for patients in post-operative ward including their postoperative pain management. Data were collected by interviewing registered nurses working in surgical wards at four hospitals in Lucknow in the surgical wards. Patients were also interviewed in the study protocol to know more clearly about the intervention. The records review was performed using three audit instruments. The findings of the studies formulated the foundation where the researchers can illuminate the main issues and obstacles in the process of change toward better care in postoperative wards including POP management. The findings illustrated that the implementation of an educational program for nurses was successful. First of all, the quality communicated information about pain and pain management with patients was significantly improved. Secondly, the nurses developed the habit of assessing post-operative pain (POP) intensity using numeric rating scales, in addition to the assessment of other postoperative characteristics. Thirdly, the nurses improved their knowledge about POP, and their attitudes toward it were evidently changed. Finally, the nurses improved their practice in documenting patients' condition in post-operative ward. The patients' records showed a significant difference in the amount and the quality of nursing documentation which reflected the fact that nurses became more aware about the importance of documentation and might also mean that they change their practices toward better management of patients in post-operative ward.

**Keywords:** postoperative care, post-operative pain management, nurses' knowledge, nurses' attitudes, surgical wards, Lucknow.



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### **INTRODUCTION**

The starting point of this study was the eager to know how patients after surgery are treated to decrease or relieve their suffering of pain, what nurses can do to help in caring for those patients, and what can be done to improve the nursing care for postoperative patients. There is a growing body of knowledge directed towards understanding postoperative pain (POP) among patients who have undergone a surgical experience. This knowledge is mostly concerned with the examinations of the patient's responses toward other post-operative care including pain management services. There is found a large gap in the area of research investigating the nurses' knowledge, attitudes, and

practices in relation to POP and other postoperative care. Such knowledge is important in the encouragement of improving nursing care that aims in delivering high quality of nursing practice for patients having pain in the postoperative period. Moreover, this study provides evidence based data that are necessary for further development of nursing curricula for the under- and postgraduate nursing programs as well as in-service education in hospitals.

### **AIMS & OBJECTIVE**

To understand knowledge, Attitude & Practice regarding post-operative care including pain management in nursing staffs of Lucknow city and

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simultaneously start an educational program for it and spread awareness regarding proper postoperative care and efficient post-operative pain management among the nursing staff.

**Study site:** The study was conducted in four selected hospitals of different locations of Lucknow.

**Study period:** The study was conducted for a period of 6 months (May 2015-October 2015)

Study criteria:

- Inclusion criteria: Nursing staff with more than 3 years and above of experience (upto 8 years) were included in the study
- Exclusion criteria: Nurses with expertise in wards other than the surgical were excluded from the study
- Staff consent: Nursing staff were explained regarding the study and their consent was taken.

## MATERIALS AND METHOD

Both qualitative and quantitative approaches were used. Qualitative content analysis inspired by the hermeneutic philosophy was used to describe the

surgical nurses' experiences in caring for patients in post operative wards. Data were collected by interviewing 54 registered nurses working in surgical wards at four hospitals in Lucknow. A retrospective quantitative design was used to collect data on the documentation system and strategies of the POP assessment and management in the surgical wards. A total of 400 patients' records obtained from four hospitals in Lucknow were audited in six-month period. In two surgical wards at a university hospital in Lucknow. All registered nurses (60 nurses) employed in the two surgical wards participated in the study to implement the program. First, assessment of patients' communication about pain with nurses and their satisfaction about nurses' intervention were assessed by means of a questionnaire. Second, the quality of nurses' pain assessment was evaluated by comparing the attending nurses' assessment of patients' pain intensity rating scores with the researcher's rating scores of the same patients. Third, a questionnaire was used to test the nurses' knowledge of and their attitudes toward pain.

**Table-1: Questionnaire results of KAP regarding post operative care and pain management**

Experience in years	Questionnaire		
	0-5 (Poor)	6-10 (Fair)	11 and above (Good)
3-4 (n=32)	25(78.12%)	6(18.75%)	1(3.13%)
4-6 (n=12)	8(66.67%)	2(16.67%)	1(8.34%)
6-8 (n=16)	9(56.25%)	5(31.25%)	2(12.5%)

## RESULTS AND DISCUSSION

It was seen that out of 60 registered nurses for the study. The base line KAP screening indicates that 78% of the nursing staffs with the experience of 3-4 years have poor knowledge about post-operative care. 3% of this experience age group have good knowledge (Table-1). This indicates that by and proper education and proper training and with growing experiences the knowledge about the proper post-operative care rises in the nursing staffs.

This study examined the knowledge, attitude, and practice regarding the post-operative care among nursing staff of Lucknow. The present study shows

that with proper education and proper training the nursing staffs could be educated much better to tackle the post-operative complications in a better way and there still lacks the proper knowledge about post-operative care among the nursing staffs.

## CONCLUSION

Post-operative care constitutes an integral part of the hospital care and its proper management will surely bring down the post-operative morbidities and hence a proper and methodical training of the nursing staffs will help in bringing down this post-operative morbidity and mortality to a lesser level.

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