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Knowledge and attitude towards non pharmacological pain management and associated factors among nurses working in Benishangul Gumuz regional state hospitals in Western Ethiopia, 2018

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Introduction: Millions of people worldwide are suffering from pain. Non-pharmacological therapy has an important role in the treatment of pain and is recognized as a valuable, simple help to lower the dosage of analgesic drugs needed, decreasing the side effects, reducing drug dependency and reducing health care costs; however, knowledge and attitude of nurses greatly affect the use of non-pharmacological pain management methods.

Objective: The study aimed to assess knowledge and attitude towards non-pharmacological pain management and associated factors among nurses working in Benishangul Gumuz Regional State Hospitals, western Ethiopia, 2018.

Methods: Institution-based cross-sectional study was conducted from April 1st to May 1st, 2018. Two hundred sixteen nurses were selected by using simple random sampling. Data were collected by using a pretested self-administered structured questionnaire. Collected data were checked, coded and entered to Epi-Info version 7 and exported to SPSS version 20 for further analysis. Bivariable and multivariable logistic regression was used.

Results: A total of 209 professional nurses participated in the study, a 96.7% response rate. This study shows that 51.2% (95% CI: 51.1–51.3) of nurses had adequate knowledge and 47% (95% CI: 46.9–47.06) of nurses had a favourable attitude towards non-pharmacological pain management. The findings reveal that level of qualification (AOR=12.2 (3.05, 48.4)),

taking educational courses (AOR=7.5 (2.7, 21.24)), nurse to patient ratio (AOR=4.9 (1.64, 14.55)) and work experience were factors significantly associated with knowledge. Findings also show that nurse to patient ratio (AOR=10.36 (2.8, 38.4)), training (AOR=4.6 (1.4, 15.4)) and knowledge of non-pharmacological pain management (AOR=4.3 (1.74, 10.56)) were significantly associated with nurses' attitude to non-pharmacological pain management.

Conclusion: Nurses in Benishangul Gumuz regional state hospitals have unfavourable attitude, but they have relatively adequate knowledge about non pharmacological pain management. Work experience, level of education, nurse to patient ratio and taking educational courses were associated with nurses' knowledge, and nurse to patient ratio, training, and knowledge of non-pharmacological pain management were associated with nurses' attitude. Therefore, efforts should focus on innovative educational strategies for nurses, training and achieving a 1:6 nurse to patient ratio.

Keywords: Attitude, Associated Factors, Knowledge, Nurses, Non-Pharmacological Pain Management.

Speaker Biography

Lemessa Jira Ejigu have a bachelor's degree in nursing from Arbaminch University and a master's degree in Advanced surgical Nursing from University of Gondar. He is working as a head of the nursing department and the deputy dean of education and training at his institution.

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