



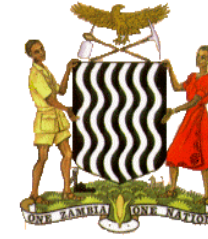
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*Nurses' experiences of non-pharmacological pain management in palliative care*





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# **Nurses' experiences of providing non-pharmacological pain management in palliative care: A qualitative study**

**PRESENTER:**

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# Introduction

- Emphasis on pharmacological therapies and non-pharmacological therapies have not been given priority



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# Aim

- To explore the experiences and views of nurses who provide non-pharmacological therapies for chronic pain management in palliative care



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# Design

- The study used a qualitative descriptive design
- Study was done in Livingstone, Zambia.



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# Methods

- The collection of data was done through individual interviews involving 15 nurses who were purposefully sampled to ensure maximum variation.
- Each interview lasted 60-90 minutes
- Qualitative content analysis was used to analyse the data.



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# Results

- Building and sustaining favorable therapeutic relationships.
- Recognizing diversity of patients' needs
- Incorporating significant others
- Recognizing existence of barriers.



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# Building and sustaining favorable therapeutic relationships

This category involved creating conducive environment for nurse–patient engagement that helped the nurse to manage patient’s pain better



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# Recognizing diversity of patients' needs

This category was about person-centered care and it was expressed as vital for non-pharmacological pain management



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# Incorporating significant others

This category described how creating space for interaction with family members or friends could relieve the patient's pain.



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# Recognizing existence of barriers

This category described obstacles to receiving maximum benefits of non-pharmacological therapies of pain management.



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# Conclusion

- The basis for successful non-pharmacological pain management depends on the creation of sound relationship between the nurse and patient.



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# Conclusion

- Nurses view the nurse-patient relationship as central and crucial for successful non-pharmacological pain management and for unique knowledge regarding what will ease an individual patient's pain the most.



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# Relevance to clinical practice

Nurses' attention, engagement, and dialogue are essential in order to gain extensive and varied knowledge about the needs and unique life situations of individual patients.



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# Relevance to clinical practice

This individualized approach can provide the knowledge that is needed for optimal care and pain management for the patient.

Opportunities for continuing education should be offered regularly to nurses working in palliative care.



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Thank you for listening



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