Leleh, Maola

by Alice Pangemanan

POSTOPERATIVE PAIN MANAGEMENT IN A PRIVATE HOSPITAL IN CENTRAL INDONESIA

Leleh, F. O.[1], Maola, N.[2], Pangemanan, A.[3], Panjaitan, T.[4]

[1-4] Nursing Department, MRCCC Siloam Hospitals Semanggi, Jakarta

[1-4] Faculty of Nursing, Universitas Pelita Harapan, Tangerang

Email: alice.pangemanan@uph.edu

ABSTRACT

Postoperative patients' most prevalent and expected complaint is pain. The pain might interfere with patients' daily activities and, if left untreated, can lead to neurogenic shock. The involvement of nurses in pain management for postoperative patients is critical, both independently and collaboratively, via pharmaceutical and non-pharmacological therapy. The goal of this study was to determine how pain was managed in postoperative patients in a private hospital in Central Indonesia. In this study, a quantitative descriptive method was applied, and a total of 137 documents were gathered from January to March 2018 utilizing a total sample technique in May 2018. According to the findings of the study, 114 patients (83.2 %) reported mild pain, 17 patients (12.4 %) reported moderate pain, 6 patients (4.4 %) reported no discomfort, and no one reported severe pain. It also revealed that 72 patients (53%) received a combination of pharmacology and non-pharmacology pain therapy, 54 patients (39%) received pharmacological pain management, and the remaining four patients (3%) received nonpharmacological pain management. Nurses were found to use a combination of both therapies more than either pharmacological or nonpharmacological treatment alone.

Keywords: Pain scale, pain management, postoperative

INTRODUCTION

Pain is an unpleasant feeling that is subjective in nature and is associated with actual or potential tissue damage (Potter, Perry, Stockert, & Hall, 2013; International Association for the Study of Pain [IASP], 2010). As a result, any invasive procedure, such as surgery, is painful. A postoperative pain is a severe discomfort caused by the surgical process (Black & Hawks, 2009). According to the Patient Bill of Rights, pain alleviation is a fundamental human right (US Pain Foundation, 2017). Nurses can help postoperative patients reduce physical discomfort, promote early ambulation, and improve their quality of life by providing pain management (Potter, Perry, Stockert, & Hall, 2013). It is apparent that nurses play a critical role in the pain management of postoperative patients.

According to a study conducted in 2013 at the Tertiary Hospital in Nairobi, Africa, 58 percent of patients reported pain after 30 minutes, 55.3 percent after 24 hours, and 34.7 percent after 48 hours (Mwaka, Thikra, & Mung'ayi, 2013). According to Nurhafizah and Erniyati (2012), the most commonly expressed postoperative pain at Haji Adam Malik Hospital in Medan, Indonesia, was moderate pain (57.4 percent), followed by mild pain (22.2 percent), and severe pain

(22.2 percent) (20.4 percent). According to Chanif, Petpichetchian, and Chongchareon (2012), patients who underwent abdominal surgery experienced moderate to severe discomfort in the first 24-48 hours. As a result, in order for patients to feel comfortable and receive high-quality treatment, nurses must provide effective pain management methods.

Nonpharmacological and/or pharmacological pain management strategies are available, and nurses initiate a variety of nonpharmacological interventions (Potter, Perry, Stockert, & Hall, 2013). Most nurses, according to Gedara, Kauppinen, and Louarn (2015), adopt collaborative measures. According to McCartney (2015), the use of analgesics alone is insufficient, hence the nurse should combine nonpharmacological and pharmacological therapies. As a result, the goal of this study is to determine pain management for postoperative patients in a private hospital in Central Indonesia.

METHOD

In this study, a quantitative descriptive method was applied, and a total of 137 documents were gathered from January to March 2018 utilizing a total sample strategy in May 2018. The observation chart was used to collect data, and demographic factors such as gender, age, pain scale, and pain management were recorded. The parameters were described using descriptive analysis. This study was presented at the First Cochrane Hongkong Symposium, and the abstract was published in the abstract book (e-version) available at http://1stcochranehksym.nur.cuhk.edu.hk/download/AbstractBook_download.pdf.

RESULT

There were 73 (53%) male patient documents and 64 (47%) female patient documents among the total of 137 records. The three most prevalent age categories in this study were 28 (20.4 percent) senior adults, 27 (19.7 percent) late middle-aged adults, and 25 (18.2 percent) early young adults, and the most expressed pain was mild pain (83.2 percent), followed by moderate pain (12.4 percent), and no pain indicated (4.4 percent). There were no reports of acute pain (Table 1).

Table 1. Data on demographics of patients with postoperative pain from January to March 2018 (n=137)

Participants Characteristics	Frequency (n)	Percentage (%)
Gender		
Male	73	53
Female	64	47
Total	137	100

Age (Year)		
12-16	2	1,5
17-25	16	11,7
26-35	25	18,2
36-45	19	13,9
46-55	20	14,6
56-65	27	19,7
>66	28	20,4
Total	137	100
Pain Scale		
No Pain	6	4.4
Mild	114	83.2
Moderate	17	12.4
Severe	0	0
Total	137	100

Opioid	8	6
NSAIDs	30	22
Non-Opioid + Opioid	15	11
Non-Opioid + Opioid + NSAIDs	14	10
NSAIDs + Non-Opioid	17	12
NSAIDs + Opioid	18	13
NSAIDs + Anti Convulsant	1	1
None	10	7
Total	137	100

In total, 72 (53%) of the documents used a combination of pharmacological and nonpharmacological treatments for postoperative pain management, while only 54 (%) of the documents used pharmacological interventions, 4 (3%) used nonpharmacological interventions, and 7 (5%) used no intervention at all (Table 2).

Table 2. Postoperative Pain Management in a Private Hospital in Central Indonesia (n=137)

Pain Management	Frequency (n)	Percentage (%)
Pharmacological	54	39
Nonpharmacological	4	3
Pharmacological + Nonpharmacological	72	53
None	7	5
Total	137	100

Table 3. Drug Classes Utilized In Pharmacological Interventions in a Private Hospital in Central Indonesia (n=137)

Drug Classes	Frequency (n)	Percentage (%)
Non-Opioid	24	18

The drug classes discovered in this investigation are shown in Table 3. Nonsteroidal anti-inflammatory drugs (NSAIDs) were found to be the most commonly used medicine class for postoperative pain patients (22%) followed by non-opioid (18%) and opioid (18%). (6%). There were also combinations of more than one pharmaceutical class to relieve pain, such as NSAIDs + Opioid (13%), NSAIDs + Non-Opioid (12%), Non-Opioid + Opioid + NSAIDs (11%), Non-Opioid + Opioid + NSAIDs (9%), and NSAIDs + Anti Convulsant (9%). (1%). There were also 10 (7%) records that had no record of medication.

Table 4. Nonpharmacological Interventions for Postoperative Patients in a Private Hospital in Central Indonesia (n=137)

Interventions	Frequent (n)	Percentage (%)
Relaxation technique	12	8.76
Deep breathing exercise	37	27
Comfortable position	14	10.22

Comfortable position + Deep breathing exercise	9	6.56
Relaxation technique + Comfortable position	2	1.46
No intervention	63	46
Total	137	100

Table 4 shows that deep breathing exercise was the most commonly used nonpharmacological intervention (27%), followed by a comfortable posture (10.22%), a relaxation method (8.76%), a comfortable position and a relaxation technique (6.56%), and a relaxation technique and a pleasant position (1.46%). It was also revealed that 63 (46%) of the documents were discovered without any nonpharmacological intervention.

DISCUSSION

Acute pain generated by tissue damage after a surgical treatment leads in the release of pain mediators, the generation of noxious stimuli, and the stimulation of free nerve terminals and nociceptors. Postoperative pain can have a severe impact on both emotional and physical health, making recovery more difficult (Malek, Sevcik, et al., 2017). As a result, proper postoperative pain management is critical in preventing and decreasing postoperative complications, and the initial pain may lessen as the wound heals.

The study's findings revealed that the most commonly stated pain was mild pain, and the most prevalent pain management method discovered in this study was a combination of nonpharmacological and pharmacological treatment. This demonstrated that nurses at this hospital could deliver the highest quality of care for postoperative pain patients, despite the fact that pharmacological or nonpharmacological methods alone are insufficient for pain relief (McCartney, 2015).

This study also showed the most commonly used pharmaceutical class in pharmacological methods of postoperative pain relief. The use of NSAIDs was discovered in 30 texts. According to the WHO Pain Ladder, this drug class is the sort of medicine that is recommended to alleviate mild to moderate pain or as adjuvant therapy (Potter, Perry, Stockert, & Hall, 2013). It is the most commonly used since mild discomfort was also the most commonly expressed pain in this study. This study also discovered a combination of drug classes, and according to Slater, Kunnathil, McBride, and Kopala (2010), this strategy can provide successful treatment for up to 90% of people with chronic pain.

On the other hand, the findings of this study revealed a variety of non-pharmacological interventions for postoperative pain relief, with deep breathing exercise being the most commonly employed treatment. This outcome is superior to a similar study conducted at a private hospital in West Indonesia, which revealed that just two forms of nonpharmacological treatments were provided to patients suffering from postoperative pain (Saragih, 2017). Despite the fact that this study did not assess nurses' knowledge of postoperative pain management, the usage of various types of treatments shows nurses' comprehension of pain management.

CONCLUSION

A mix of nonpharmacological and pharmacological methods was discovered to be the most commonly used postoperative pain treatment strategy at a private hospital in Central Indonesia. It is also demonstrated that nurses play an important part in pain relief by being able to provide a number of approaches.

References

Black, J. M., & Hawks, J. H. (2009). *Medical-surgical nursing: Clinical management for positive outcomes* (8th. ed). St. Louis, Missouri: Elsevier.

Chanif, C., Petpichetchian, W., & Wimo, W. (2012). Acute postoperative pain of indonesian patients after abdominal surgery. *Nurse Media Journal of Nursing*, *2*(2), 409-420. https://doi.org/10.14710/nmjn.v2i2.3986

Gedara, G. P. S, Kauppinen, R., & Louarn, S. L. (2015). Post-operative pain management methods and nursing role in the relief of pain of total knee replacement patients. Retrieved from https://pdfs.semanticscholar.org/3f08/d30263d900b05e85c1db3e885fc62ef6f5c1.pdf on April 16, 2019

Malek, J., Pavel, S., Bejsovec, D., Gabrhelik, T., Hnilicova, M., ... Mixa, V. (2017). *Postoperative pain management*. Praha: Mlada Fronta. Retrieved from https://www.wfsahq.org/components/com_virtual_library/media/125136f77e1b7daf7565bd6653026c35-Postoperative-Pain-Management-170518.pdf on April 16, 2019

McCartney, M. (2015). Honesty, placebos, and pain care. *BMJ* 351. doi: 10.1136/bmj.h5103. Retrieved from https://www.bmj.com/content/bmj/351/bmj.h5103.full.pdf on April 16, 2019

Mwaka, G., Thikra, s., & Mung'ayi, V. (2013, 9). The prevalance of post operative pain in the first 48 hours following day surgery at tertiary hospital in nairobi. *Afr Health Sci.* 2013 Sep; 13(3): 768–776. doi: 10.4314/ahs.v13i3.36

Nurhafizah & Erniyati. (2012). Strategi koping dan intensitas nyeri pasien post operasi di ruang rindu B2A RSUP H. Adam Malik Medan. *Jurnal Keperawatan Klinis 1*(1). Retrieved from https://jurnal.usu.ac.id/index.php/jkk/article/view/101/90 on April 16, 2019

International Association for the Study of Pain (IASP). (2017). *Pain terms*. Retrieved from https://www.iasp-pain.org/terminology?navItemNumber=576#Pain on April 16, 2019

Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. (2013). *Fundamentals of nursing* (8th ed.). St. Louis: Mosby.

Saragih, A., Pangemanan, A., Lumbantoruan, S. M. (2017). *Gambaran penatalaksanaan nyeri pada pasien post operasi di ruang rawat inap Rumah Sakit Siloam Dhirga Surya Medan* (Unpublished Bachelor's Thesis). Universitas Pelita Harapan, Tangerang.

Slater, D., Kunnathil, S., McBride, J., & Koppala, R. (2010). Pharmacology of nonsteroidal antiinflammatory drugs and opioids. *Semin Intervent Radiol 27*(4): 400-411. doi: 10.1055/s-0030-1267855

US Pain Foundation. (2017). *Patient Bill of Rights*. https://uspainfoundation.org/wp-content/uploads/2017/11/patient-bill-of-rights-combined.pdf Accessed April 16, 2019

Leleh, Maola

Exclude quotes   On   Exclude matches   Off

Exclude bibliography   On