

## Nurses' Perceptions and Practices Regarding Cancer Pain Management in Apeksha Hospital, Maharagama

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### Abstract

Cancer pain management has significant impact on cancer patients' journey through illness. Nurses at National Cancer Institute play an important role in managing cancer pain. Effective cancer pain management requires good perceptions and correct practices. Since it is important to examine nurses' perceptions, practices regarding pain management. A descriptive cross-sectional survey was conducted. Study population was nurses who are working with cancer patients in Apeksha Hospital Maharagama. Convenient sampling method was used to achieve the sample size of 200 participants. An interviewer-administered questionnaire embedded with a qualitative section with open-ended questions was used for data collection. Inferential statistical methods, thematic analysis was used to analyze quantitative and qualitative data respectively. Among the 200 respondents, 81% were between the age ranges of 25-35 years. Majority of the participants had overall nursing experience of 1-5 years (71.5%). Many participants rated the effectiveness of current pain management practices in their wards as 80-90. Majority (70.5%) appeared to attend pain management by experience without formal training. Most commonly used pain assessment tool was the Wong-Baker FACES Pain rating scale (86.5%). Combination of pharmacological, and non-pharmacological methods give the best outcomes. Patient Controlled Anesthesia machine was reported as the best pharmacological method. Lack of; knowledge, resources and up-to-date training as well as heavy workload, shortage of staff causes challenges in effective pain management. Delegating pain management tasks among trained nurses, developing 24-hour service, education and training opportunities, and recruiting at least one trained nurse for each ward is essential.

**Keywords:** *Cancer, Nurses, Pain Management*