

Assessing and Managing Pain that drains human well Being

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Abstract

Pain assessment and its management is highly essential in enhancing well being among the patients. Reporting of pain is minimal among patient's of all age group considering it as part of their illness. Thus the Nursing practice of frequent pain assessment becomes all the more important. Varioupain scales as Numerical pain rating scale, visual analogue scale, Faces pain scale etc. are available which can be used easily in pain assessment among patients of all age group. Nursing Practice of assessing Pain the 5th vital sign and application of non-pharmacological interventions (Progressive muscle relaxation, Guided imagery, Deep breathing, Yoga, Meditation, Biofeedback etc.) in adjunct to analgesic treatment leads to better pain assessment and management. It improves the well being and overall Quality of life among patients.



Biography

Dr Pragya Pathak has completed her PhD (Nursing) from INC-WHO Consortium for PhD Nursing (RGUHS, Bangalore). She is working as Lecturer (Medical Surgical Nursing) at College of Nursing, AIIMS, New Delhi. She has 15 years of Teaching & Research experience. She has 12 Scientific Research Papers published in Index Journals and written a chapter in a book on Neuroscience Nursing. She guided 20 research projects of undergraduate & postgraduate Nursing students and has been serving as an editorial board member of reputed Journal.

Publications

A cause of sudden cardiac deaths on autopsy findings; a four-year report
Progressive Muscle Relaxation: An adjuvant therapy for reducing pain and fatigue among hospitalized cancer patients receiving radiotherapy
Hyperbaric oxygen therapy
Vaccine related reactogenicity for primary immunization: a randomized controlled trial of 23 (wider) vs. 25 (narrower) gauge needles with same lengths
Effect of needle gauge on perception of pain intensity among infants receiving DPT vaccination

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