



Patterns For Acute Postoperative Pain Management In The National Referral Hospitals In Asmara, Eritrea

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Abstract:

The aim of this study was to evaluate the current practice of acute postoperative pain management in the 3 major referral hospitals of Asmara, Eritrea.

Methods: Cross sectional survey of 50 (out 70) medical professionals who care for postoperative patients by means of a questionnaire. The questionnaire included 16 questions in the following categories: availability of analgesic drugs, pain assessment, prescribing pattern of analgesics for post operative pain management, tools, equipment, techniques, judgment about adequacy of analgesia, causes of inadequacy, documentation of pain and consequent treatment and continuing medical education regarding pain management. The 50 postoperative care providers were 12 surgeons, 13 nurse anaesthetist, 5 nurses and 20 health assistants.

Results: None of the participants reported the use of regional analgesia, transdermal patches or multimodal approach. The majority (75%) of the participants preferred NSAID as a sole analgesic (Diclofenac i.m.) followed by Pethidine i.m. Analgesia was reported to be inadequate by majority (52%). Poor documentation was observed as eighty percent of nurses and health assistants don't document any patient complaints and/or consequent interventions. The major constraint reported was lack of continuing medical education after graduation (92%). Other problems were unavailability of analgesic drugs (68%), improper prescription of the analgesia (58%) and underutilization of Physician service to manage pain (52%).

Conclusion: There is a major need for improving the over all approach to postoperative pain by continuing medical education in postoperative pain management for all post operative care providers. Standard guidelines for postoperative pain management have to be installed by a multidisciplinary team including clear prescription of multimodal treatment, guidelines on pain assessment/documentation and resulting treatment. Permanent availability of drugs included in the guidelines and physicians / anaesthetists to revise treatment if necessary have to be assured.



Biography:

Mr. Tekleweini Welday Kidane has completed his bachelor of science in general nursing from University of Asmara in 2006, and his postgraduate study in Nurse Anesthesia from Asmara College of Health Sciences in 2010. Since postgraduate study completion, he has been working as a lecturer and deputy head of anaesthesia department in Asmara College of Health Sciences and consultant nurse anaesthetist in Orotta National Referral Hospital. He has done several clinical researches and has been working as a member of research and ethical committee in Asmara College of Health sciences!

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2. https://www.researchgate.net/publication/286652612_Acute_postoperative_pain_in_1_231_patients_at_a_developing_country_referral_hospital_Incidence_and_risk_factors
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4. <https://europepmc.org/article/med/31832015>

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