Psychological and Physiological Ramifications of Inadequate Pain Management for the Pediatric Population: Influences of Professional Nursing Preparation

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Genica-Jade Cruz Ocampo
Honors Senior Thesis
Introduction

Pain

- Personal sensation physical agony caused by injury or disease
- Individualized: pain perception, tolerance, situation, values, culture, age

Nursing

- Nursing practice has a critical and professional responsibility in pain management
- “Pain is whatever the experiencing person says it is, existing whenever he says it does,” (Margo McCafferey, 1968)

Management

- Pain is unresolved or prolonged, it becomes not just a bothersome experience, but can impact an individual’s health
Problem Statement

- Children and Pain
- Inadequate pain control early in life has permanent detrimental effects on social and physical development, future pain experiences, and family processes (IASP, 2005)
- Lack of knowledge of pediatric pain management
- Nursing profession and inadequate pediatric pain management
Research Questions

1. What determinants of professional nursing preparation influence effective pain management for the pediatric population?

2. How do nurses describe their education or professional development of effective pain management concerning the psychological and physiological aspects of undermanaged pain?
Literature Review

- 10 articles over a 10 year span
- Factors that affect the ability to provide adequate pain management:
  - Patient characteristics and perspectives
  - Pharmacological and non-pharmacological interventions
  - Reassessment, intervention, and a multidimensional approach
  - Nurses’ attitudes, knowledge, and beliefs
Jean Watson’s Nursing Theory of Human Caring

- Compassionate optimal care for human body, mind, and emotions
- Holistic health
- Pediatric pain management
- Nursing professional responsibility

“The science of caring naturally coexist with curing”
Methods

Research Design
● Pilot Study
● Qualitative and Non-experimental Descriptive Design

Sampling
● Convenience and snowball sampling
● n = 18

Validity
● Instrument approval: 2 qualified nurses with doctoral degrees
● IRB Approval Dominican University

Sample Population
● Pediatric nurses in the Bay Area from multiple clinical settings.
  ● Tamalpais Pediatrics Clinic
  ● My Friends Pediatric Day Healthcare Center
  ● Rho Alpha Chapter STT
  ● Northern California Chapter of Society of Pediatric Nursing
● Nurses known to researcher in community
### Psychological and Physiological Ramifications of Inadequate Pain Management and Nursing Preparation

**Survey Instrument**

#### Professional Nursing Preparation and Pediatric Pain Management Survey

**Demographics**
- Age: 18-29, 30-40, 41-50, 51-65, over 65
- Gender: Male, Female, Do not wish to disclose

**Highest Degree Earned:**

**Current Employment Position:**

**National Certification:**

**Type of Unit/Setting of Employment:**

**Part Time or Full Time Status:**

**Number of Years Employed as a Nurse:**

**Number of Years Employed as a Pediatric Nurse:**

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**Professional Nursing Preparation and Pediatric Pain Management Survey**

**What was the most important pain management topic or concept that you learned?**

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
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**Please describe three areas that contributed to inadequate pediatric pain management.**

1. 
2. 
3.

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4. I believe that more continuing education opportunities are needed to support pain management in the pediatric population.

5. I believe that my knowledge is insufficient to support pediatric pain management.

6. I believe that my self-efficacy as a nurse is satisfactory to support pediatric pain management.

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Thank you gratefully for your participation!
Findings

1A. My nursing education has effectively prepared me to manage pain in the pediatric population.

1B. What were the top three most important pain management topics or pointers that you learned?

1C. What should have been included in your nursing education about pediatric pain management that was not included?

1D. In your nursing education, did you learn about psychological aspects of inadequate pain management?

1B. Different pain scales, non-verbal cues, developmental stages, VS, distraction, medications

1C. Parent/family involvement, alternative treatments, pain characteristics of specific age groups
Findings

2A. Does your nursing education and or nursing administration offer you professional development in the area of effective pediatric pain management?

2B. If yes, describe the professional development activity.

2C. Do you feel that your on-going professional development has included the psychological and physiological aspects of inadequate pain management for children?
Findings

5. I believe that my knowledge as a nurse is satisfactory to support pediatric pain management.
Summary

● Nursing Education and Professional Development

● How nurses see inadequate pediatric pain management today?

● Factors of inadequate pain management:
  ○ Lack of communication and consensus with staff, patient, family

● Additional educational resources

● Nurse Knowledge and Self-Efficacy
Thank you gratefully for attending my presentation!

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