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Knowledge on non – pharmacological methods of pain management among nurses at Bindura hospital, Zimbabwe

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This study is a quantitative descriptive study, which was conducted with an aim to assess the knowledge on non – pharmacological methods of pain management among registered general nurses at Bindura Hospital. This is because most nurses focus more on pharmacological pain management than non – pharmacological therapies which are given less attention or accord. This study used a descriptive study design, which is a non – experimental research design so as to obtain information about registered nurses' knowledge on non – pharmacological pain management. A convenience sampling technique was utilised to select a sample of seventy – five participants. Data were collected by the researcher who distributed self – administered questionnaires to available registered nurses after obtaining informed consent at Bindura Provincial Hospital. The mean knowledge score for this study was 48.6% and was below a pass mark of 50%, and far below 80% which is the minimal acceptable level of knowledge on the Nurses Knowledge and Attitude Scale. A minimum knowledge score of 16% was obtained from participants showing lack of knowledge on indications of non – pharmacological pain therapies and a maximum knowledge score of 97.3% was shown on knowledge on non – pharmacological techniques. The following conclusion was drawn from the research findings; the study showed that the nurses have poor knowledge regarding non – pharmacological pain management as indicated by mean knowledge score of 48.6%. The researcher therefore recommends that the nursing practice should take an initiative in ensuring that all practicing nurses practice the highest possible pain management nursing care, and that opportunities should be made available for nurses to be educated in effective pain management utilising non – pharmacological therapies.

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