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Pain beliefs of chronic headache patients: A focus group study**Burcu Babadag**

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Statement of the Problem: The pain beliefs are the basis of the system of person's thought and this concept is based on subjective experiences and notifications. For this reason, there is need for qualitative works which are related with pain beliefs and are explained verbal statements of pain patients. This study was designed to explore the origin of the pain beliefs of chronic headache patients.

Methodology & Theoretical Orientation: This qualitative research has been designed using a case study method. Selected using the criterion sampling method, patients consisted of a total of 6 chronic headache patients in algology outpatient clinic at Eskişehir Osmangazi University Hospital in Turkey. These datas were collected using focus group methods between November 29th and January 29th 2017. Data were obtained using a semi-structured interview form composed of 9 open-ended questions. The focus group interview was conducted in a single session with a duration of approximately 60 minutes and were used voice recording. The focus group interview was conducted with a manager, a rapporteur and an observer, all of whom were researchers. Data was evaluated both a descriptive and content analysis. Ethical approval for the study and informed consent of the individuals included in the study were obtained.

Results: Chronic headache patient's views on why they live pain and which beliefs they have about origin of the pain are presented in Table 1. This theme is composed of the following 3 sub-themes: (i) organic beliefs, (ii) psychological beliefs and (iii) environmental beliefs. Patient's beliefs related to organic beliefs were grouped under the sub-theme organic beliefs, with patient's most frequently cited genetics (familial) and than physiological needs, tissue damage, surgery, and heavy lifting. Patient's beliefs related to psychological beliefs were grouped under the sub-theme psychological beliefs, with patient's most frequently cited stress and than sadness and sensitive personality traits.

Conclusion & Significance: It is suggested to take pain beliefs differences and qualitative researches into consideration in the management of pain in nursing care.

Biography

Burcu Babadag has worked as a research assistant at Eskişehir Osmangazi University, Nursing Department in Turkey. PhD Degree: Eskişehir Osmangazi University, Institute of Health Sciences. Nursing Department (2014) Master Degree: Eskişehir Osmangazi University, Institute of Health Sciences. Surgical Nursing Department (2012-2014). Her master thesis is "The Relationship Between Pain Beliefs and Coping With Pain of Algology Patient's" Bachelors's Degree: Hacettepe University, Faculty of Health Science, Nursing Department. Burcu have published about pain, pain beliefs and nursing managements on pain as a young researcher in reputed journals such as Pain Management Nursing, Clinical Rheumatology.

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