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## The impact of an interactive educational programme on Saudi paediatric nurses, knowledge attitudes, beliefs, and perceived barriers to optimal post-operative pain management

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**Background:** Although post-operative pain management has been researched extensively, it does not receive the same attention from nurses who worked with children in post-operative wards in Saudi Arabia. Children are still experiencing pain post-operative and nurses who spent prolonged time with patients are responsible about this phenomenon as they are lacking adequate pain assessment and management knowledge. A systematic review revealed a paucity of studies in this area conducted in Arab countries and Saudi Arabia in particular.

**Aims:** The aim of this study was to test the impact of implementing an interactive computer based post-operative pain management education programme on children nurses' knowledge, attitudes, beliefs and perceptions of children's pain, self-efficacy and perceptions of barriers to optimal practice.

**Study Design:** This study was undertaken using a non-equivalent group's pre-test post-tests design. To conduct this study a sample of 229 intervention (n=135) and control (n=94) children nurses working in surgical wards in Hail Region Hospitals was recruited and completed the following instruments: Paediatric nurses' knowledge and attitudes survey regarding pain (PNKAS); children and pain survey; nurses perceived barriers to optimal pain management; and nurses' self-efficacy between April 2015 and October 2015. Participants attended pre-test at the beginning of the study to determine level of knowledge at baseline (T1), a post test one month later (T2), and a follow up test (T3) three month from the day of first test was delivered. Participants in experimental arm received interactive computer based post-operative pain management education programme on Digital Video Disc (DVDs). Both descriptive and inferential statistics were used in order to see the differences between groups.

**Results:** The level of nurses' knowledge and attitudes about children pain was increased significantly in the intervention group although the nurses' perception of children pain was not changed by the intervention. Nurses' belief about pain in childhood, the total belief score among participants in the intervention was reduced significantly and the nurses' self-efficacy increased significantly in intervention group. Lastly, nurses perceived barriers to optimal pain management reduced significantly after giving the education programme.

**Conclusion:** The post-operative pain management interactive education programme has a positive impact on nurses' knowledge and attitude, belief, self-efficacy and nurses perceived barrier to optimal pain management. However, the education programme did not change nurse's perception of child pain. The study findings support the notion that a post-operative pain management computer based education programme will support and equips nurses with the necessary skills and knowledge to undertake post-operative pain in children effectively especially in a Saudi Arabian context as educational programme received positive feedback from many hospitals in the Hail Region. This study will open the doors for the use of an alternative, interactive computer based education programme in Saudi Arabia as the hospitals are geographically separated and shift patterns make attendance at educational events difficult and culture make difficult to gather male and female nurses to be together at the same place.

### Biography

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