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## Coping with the pain of elderly pain patients: Nursing approach

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**Aim:** This study was designed to determine the ways of coping with pain on geriatric patients.

**Materials & Methods:** This descriptive survey was carried out on the geriatric patients (n=100) aged 60 and above in Algology Unit at university hospital between November 28<sup>th</sup> 2014 and January 28<sup>th</sup> 2015. Data were collected using descriptive characteristics questionnaire which were prepared from literature by researchers and the pain coping questionnaire (PCQ). The study was approved by the ethics committee. Data were evaluated by descriptive statistical methods, t test and one-way ANOVA test.

**Results:** A total of 100 patients were considered in which 74.0% were female and the mean age was  $66.65 \pm 8.86$  years. The duration of pain of the patients ranged from 1 month to 40 years, mean duration of pain was  $63.57 \pm 82.65$  months. Patients reported that they had back pain (36.0%) and had severe pain (39.0%). 80% patients had belief that their pain is not in control of themselves and 74.0% had the belief that God can control the pain. The mean subscale scores of the patients received from PCQ were self-management (mean= $19.22 \pm 6.54$ ), helplessness (mean= $13.45 \pm 3.86$ ), conscious-coping attempts (mean= $11.90 \pm 3.97$ ) and medical remedies (mean= $12.62 \pm 3.98$ ). Medical help-seeking scores of female patients were significantly higher than male patients ( $p < 0.05$ ). Significant difference was found between having pain story before, pain region and the PCQ subscale scores ( $p < 0.05$ ). Patients with the belief that pain control is in their hands they have a higher self-management score ( $p < 0.05$ ) whereas, patients having the belief that pain control is in a nurse medical care they have a higher help-seeking scores of ( $p < 0.05$ ).

**Conclusion:** Coping with the pain varies on geriatric patients and the nursing interventions are recommended to be applied taking into account these differences.

## Biography

Burcu Babadağ has worked as a Research Assistant in the Department of Nursing at Eskisehir Osmangazi University. She has done her PhD and Master's from Eskisehir Osmangazi University, Institute of Health Sciences. She has done her Bachelor's degree from Hacettepe University, Faculty of Health Science.

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