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Management of pain and patients' satisfaction after caesarean section in Orotta Maternity National Referral Hospital, Eritrea

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Background: Most mothers in the under-developed countries have very little or no access to even the most limited pain therapies. Therefore, this study aimed to assess the severity of pain after Cesarean Section, modalities of pain management, and satisfaction of mothers on its management.

Methodology: The researchers conducted a prospective cross-sectional study among seventy-five mothers who undergo uneventful caesarean section. We collected data on the severity of postoperative pain, its management techniques, and mothers' satisfaction using Numerical Rating Scale, Pain Management Satisfaction Scale and patients' cards respectively. We used both parametric and non-parametric tests to compare statistical significance and associations between the variables.

Result: 80% of the participated mothers reported to have moderate pain (4-6) while 12% and 8% of the mothers had mild (1-3) and severe (7-10) pain respectively. The most frequently used analgesia was intramuscular (IM) diclofenac 75 mg, administered to 67(89.3%) of the mothers. Despite the severity of pain, none of the patients received regional analgesia, and none of the physicians prescribed opioid analgesics to manage pain. Regarding satisfaction of mothers on pain management; 31(41.3%) of the mothers were poorly satisfied, 23(30.7%) were highly satisfied, and 21(28%) of them were moderately satisfied. There was a significant and negative correlation between the post-caesarean section pain score and level of mothers' satisfaction ($r = -0.564$; $P < 0.001$). There was no statistical difference between the level of post-operative pain score, and the different demographic characteristics of the participated mothers ($P < 0.05$).

Conclusion: Most of the mothers experienced a moderate pain level. The finding of this study indicated that pain after caesarean section was not effectively managed. The analgesic choices to manage post-operative pain were also very limited. Nevertheless, multimodal approach using the available drugs might have reduce the suffering of mothers in low income countries.

Biography

Desale Tewelde Kahsay has completed his Bachelor of Science in General Nursing from the University of Asmara in 2005, and his Master's degree in Nurse Anaesthesia from Asmara College of Health Sciences in 2010. He has worked as a Lecturer and Deputy Head of Anaesthesia department in Asmara College of Health Sciences and as a Consultant Nurse Anaesthetist in Halibet National Referral Hospital and Orotta Maternity National Referral Hospital. His research interest is related to anaesthesia and pain management in low income countries.

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