

## Postoperative pain management for cancer patients in oncology, the nursing role.

**Zamira Imeraj, Rudina Pirushi and Denisa Veseli (Bego)**

University of Medicine, Tirana, Albania

**Purpose:** Postoperative pain management is an ongoing challenge in oncology care and nursing staff play a key role in this process. Postoperative pain is a complex phenomenon involving physical, psychological, social, cultural and environmental factors that interrelate and affect that how pain is perceived, managed and evaluated. The purpose of this study is to recognize the pain experience in oncology patients undergoing surgery and to evaluate the role that nursing staff has in relieving and managing postoperative pain for these patients.

**Method:** The method used during this study was realized through questionnaires completed anonymously by cancer patients in the postoperative period at the oncology hospital. The questionnaire contains data of patients who underwent oncology surgeries including gender, age, surgery performed and pain management results provided by the nursing staff. The study included data from 141 patients with various cancers who underwent surgery at the oncology hospital. 95 patients were female and 46 male.

**Results:** The results showed that nurses' assessments of pain management were modest, but significantly correlated with their patients' pain. We also lack in preparing patients for pain explanation in this period. These results suggest that health care in oncology and nursing staff should include measurable and applicable quality indicators. It should be planned and evaluated to maintain professional nursing services to achieve postoperative pain management and relieve pain.

**Conclusions:** Nurses spend more time with patients than any other member of the health care team they play a critical, active and very important role in controlling the pain of cancer patients and relieving suffering. The role of nursing staff includes patient trust, pain assessment, problem root identification, care planning, medication administration, effectiveness assessment, ensuring good pain control, and individual treatment. Provide ongoing professional education for nursing staff including postoperative pain management with important specifics of assessment, treatment and documentation. Prepare guidelines and protocols for pain care for postoperative patients including pre-operative patient information.

### Biography

Mrs. Zamira Imeraj has completed her doctorate at the Medical University of Tirana, Albania with the topic "Pain management for cancer patients and the role of nursing staff". Lecturer at the Faculty of Nursing at the University of Medicine subject Nursing in Oncology, Surgery and Nursing in Geriatrics. Author in cycles of nursing lectures. She has published papers in various medical and nursing journals.