

ABSTRACT

Background: Globally, pain management is an important aspect of healthcare. Pain can result from a variety of conditions, such as injury, illness, surgery, or chronic conditions. Effective pain management is essential to improving patients' quality of life and helping them recover faster.

Study Aim: This study aimed to explore the attitudes and practices of healthcare providers about pain management of patients in intensive care unit and emergency care units at MRRH.

Methods: The study adopted a mixed research method which is an exploratory sequential design that employs both qualitative and quantitative techniques. The study participants included nurses and doctors working in the intensive care unit and medical and surgical emergency wards. Data were collected using an in-depth interview and an observational checklist. Thematic analysis was used to analyze qualitative data and SPSS for quantitative data.

Results: The study revealed five themes that emerged: prioritizing pain management, delaying patients' recovery, self-reporting by patients, using clinical judgment, and proper pain assessment. For quantitative analysis, the study findings revealed good and bad practices and for good practices included Confident enough while carrying out the procedure (74%), document the findings (64%), Give pain analgesics 29(58.0%). On the hand, bad practices include Uses pain assessment tool to assess patients' pain (96%), re-assessment of pain after administration of analgesic (78%), pain assessment tool in place (74%).

Conclusion: Healthcare providers exhibit both positive and negative attitude towards pain management, given its common occurrence in patients admitted to critical care units. However, inadequate pain management practices contribute to delayed recovery, extended hospital stays, and complications, imposing financial burdens on patients and caregivers. While providers prioritize clear communication and analgesic administration, notable gaps exist, emphasizing the need for improved practices such as implementing pain assessment tools, obtaining consent, and embracing a comprehensive approach to pain relief.

Recommendation: There is a need for continuous training of HCPS on pain management and the development of protocols to guide the assessment of pain among the critically ill patients at MRRH

