

RELATIONSHIP BETWEEN NURSE'S ROLE IN RELIEVING PAIN IN PALLIATIVE CARE AND TREATMENT PROTOCOLS IN THESE PATIENTS

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Background: For patients during palliative care, pharmacological therapy is not always the solution to pain, but skills based on being present for the other person, communication and active listening are also necessary. Palliative care requires a holistic approach to care that is attentive to 'suffering that encompasses all of a person's physical, psychological, social, spiritual and practical struggles'.

Methods and Objectives: The purpose of the paper is to present the role of the nurse in the management of the total pain of the person in palliative care, compliance with the protocols and their management during the advanced stage of the disease. This study was carried out in the period September-January 2023-2024, at the Vlora Regional Hospital. For its realization, 3 questionnaires were distributed to 110 nurses. The measuring instruments of the study are: questionnaire for nurses; socio-demographic data; questionnaire for nursing knowledge on palliative care protocols; questionnaire on nursing behaviors on palliative care follow-up.

Results: According to the results data, 60.9% of nurses state that they are informed about the existence of a palliative care protocol, while 39.1% state that they are not. The value of $p < 0.05$ means that the educational level of nurses affects the ease of using the protocol. 45.5% of nurses think that the main area that should be treated during palliative care is psychological symptoms. The analysis revealed a statistically significant increase in patient satisfaction and positive change. The results of the study showed that sharing the first information about the patient's illness is very shocking and traumatic for the family and the patient.

Conclusions: The Palliative Service is not well organized and the health personnel have a great need for information in this field. Interventions for managing the risk and presence of total pain include, in addition to controlling physical symptoms with pharmacological therapy, the possibility of managing sensations, emotions, worries and fears through the use of non-pharmacological strategies

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