



EONS EARLY CAREER DEVELOPMENT GRANT REPORT 2021

Title: The effect of pain management education on patient-related barriers to pain management

Aim: This research aims to examine the effects of pain management training given to cancer patients on patient-related barriers in pain management and the impact of individuals on pain management.

Method: This study is a randomized controlled trial. The research was conducted in the Medical Oncology Outpatient Chemotherapy Units of Koç University Hospital between July and August 2021. A total of 110 cancer patients (54 control, 56 intervention) who were admitted to the Outpatient Chemotherapy Units where the study was conducted and who agreed to participate in the study were included in the study. “Patient Information Form”, “Edmonton Symptom Assessment Scale”, “The Brief Pain Inventory” and “The Barriers Questionnaire II (BQ-II)” were used as data collection tools in the study. An online pain management education was conducted as an intervention along with printed pain management education material including pharmacological methods, interventional interventions and complementary therapies in cancer pain management prepared based on the latest evidence.

Results: As a result of the study, the patient-related barriers regarding “disease process and tolerance development”, “immune system”, “psychological side effects”, “fatalism”, “addiction” and “physical side effects” in the cancer pain management of the intervention group were significantly decreased compared to control group. Also, the patients' “worst pain”, “mildest pain”, “average pain” and “current pain” scores were also decreased after training. Nevertheless, despite the education, both printed and online, participants continue to suffer from communication barriers. The “disease process and the development of tolerance”, “immune system”, “communication”, “addiction” barriers score were significantly increased in the control group compared to the intervention group.

Conclusion and recommendation: It has been found that pain management education including the latest evidence regarding cancer pain management is an effective intervention to reduce patient-related barriers to cancer pain management and cancer pain severity. As a conclusion, the results of this study suggest that for effective pain management in cancer patients, patient-related barriers should be assessed as a part of pain assessment and reducing these barriers by patient education should be a part of pain management strategies for cancer patients.

What has been gained from the experience? This is my master's thesis project and this project was essential in order to complete my master's program. I want to apply for a PhD program and continue to focus on pain management for my PhD thesis. This project has given me experience and preliminary data for my thesis. This grant helped me complete the study and also allowed me to present the research results as posters or oral presentations at national and international congresses, as well as publishing them for dissemination in

international journals. What's more, I had the opportunity to meet people from my profession in other parts of the world.