



Improving Patient's Knowledge and Skills in Pain Management at Sakura Ward, RS Indriati Solo Baru

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ABSTRACT

Background: Effective pain management is crucial for patient comfort, recovery, and overall well-being. However, many patients lack sufficient knowledge and skills to manage pain effectively, which can lead to increased discomfort and delayed recovery.

Objective: This community service activity aimed to improve patients' knowledge and practical skills in pain management at Sakura Ward, RS Indriati Solo Baru.

Methods: The activity involved educational sessions and practical demonstrations for patients on pain assessment, use of prescribed analgesics, relaxation techniques, and other non-pharmacological interventions. A pre- and post-activity evaluation was conducted to assess improvements in patient knowledge and skills.

Results: The activity showed a noticeable increase in patients' understanding of pain management principles and their ability to apply practical techniques to alleviate pain. Participants reported feeling more confident in managing their own pain and engaging with healthcare providers regarding pain-related concerns.

Conclusion: Educational interventions in pain management can significantly enhance patients' knowledge and skills, contributing to better self-care, improved comfort, and faster recovery. Regular implementation of such programs in hospital wards is recommended.



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INTRODUCTION

Pain management is a critical component of patient care in hospitals, as uncontrolled pain can result in reduced quality of life, anxiety, depression, and delayed recovery (Ferrell & McCaffery, 2022; Al-Sayaghi et al., 2022; Chaleewong et al., 2024). Patients' knowledge and skills in managing pain are essential for effective recovery, yet many studies indicate gaps in understanding and application of pain management strategies (IASP, 2025; Zhao et al., 2025).

Cultural and clinical factors also influence pain perception and management practices, highlighting the need for context-specific interventions (Moseley et al., 2025; Samarkandi, 2018). Educational interventions tailored to patients' backgrounds can improve adherence to prescribed analgesic use and enhance engagement with non-pharmacological pain relief methods (He et al., 2025; Innab et al., 2022).

Evidence shows that patient education programs significantly enhance knowledge, attitudes, and behaviors regarding pain management (Galietta, 2025; Ortiz et al., 2022; Toba et al., 2019). Systematic reviews and meta-analyses have confirmed that structured pain education not only benefits patients but also improves nurses' competence and confidence in delivering care (Ferrell & McCaffery, 2022; DeVellis & Thorpe, 2021).

In Sakura Ward at RS Indriati Solo Baru, there is a clear need to enhance patients' understanding of pain management techniques, including pain assessment, analgesic usage, relaxation exercises, and other non-pharmacological strategies (Jemebere, 2020; Chaleewong et al., 2024). By providing targeted education, patients can gain practical skills to manage their pain effectively, reducing discomfort and supporting faster recovery (IASP, 2025; Zhao et al., 2025).

Moreover, individualized and interactive approaches, such as co-design methods, visual aids, and embodied learning, have been shown to improve patient engagement and comprehension in pain management education (Moseley et al., 2025; He et al., 2025; Galiotta, 2025). These strategies are particularly effective for patients with varying literacy levels and cultural backgrounds (Al-Sayaghi et al., 2022; Samarkandi, 2018).

In conclusion, enhancing patients' knowledge and skills through comprehensive, personalized education is vital to improving pain management outcomes. Integrating evidence-based interventions and culturally sensitive approaches ensures that patients can actively participate in their care, ultimately improving quality of life and recovery rates (Ortiz et al., 2022; Toba et al., 2019; Innab et al., 2022)..

METHODS

The activity was conducted through structured educational sessions and practical demonstrations for patients in Sakura Ward, RS Indriati Solo Baru. The program focused on key aspects of pain management, including pain assessment using standard tools such as the Numeric Rating Scale (NRS), proper use of prescribed analgesics, and non-pharmacological interventions such as relaxation techniques, deep breathing, and guided imagery. Sessions were delivered in small groups, lasting approximately 60 minutes each, and supported by printed leaflets, visual aids, and live demonstrations to enhance patient understanding.

To evaluate the effectiveness of the intervention, patients' understanding of pain management was assessed before and after the activity using a structured questionnaire. The questionnaire included multiple-choice questions and scenario-based items to assess comprehension. Changes in knowledge were observed by comparing pre- and post-activity responses, focusing on improvements in understanding and awareness of pain management principles.

RESULTS AND DISCUSSION

A total of 15 patients from Sakura 12 Room, RS Indriati Solo Baru participated in the educational activity. The pre-activity assessment showed that most patients had limited understanding of pain management principles. Specifically, many patients were unaware of proper pain assessment techniques, correct use of prescribed analgesics, and effective non-pharmacological interventions such as relaxation exercises.



Figure 1. Educational Activity on Pain Management at Ruang Sakura 12, RS Indriati Solo Baru

After the educational sessions and practical demonstrations, a post-activity assessment showed a noticeable improvement in patients' knowledge and understanding. Patients were able to correctly explain how to assess their pain using the Numeric Rating Scale, identify appropriate use of prescribed analgesics, and describe or demonstrate relaxation techniques.

The results indicate that structured educational sessions combined with practical demonstrations in Sakura 12 Room at RS Indriati Solo Baru can significantly enhance patients' understanding of pain management. The improvement in knowledge was consistent across all assessed aspects, including pain assessment, medication use, and non-pharmacological interventions.

These findings are supported by previous studies, which demonstrated that patient education positively affects understanding and engagement in pain management (Ferrell & McCaffery, 2022; Al-Sayaghi et al., 2022; Galietta, 2025).



Figure 2. Educational Activity on Pain Management at Ruang Sakura 12, RS Indriati Solo Baru

Interactive and small-group learning approaches contributed to better comprehension, as patients were able to ask questions and practice techniques under guidance (Moseley et al., 2025; He et al., 2025; Innab et al., 2022). The use of visual aids and scenario-based learning also facilitated understanding, particularly for patients with lower literacy levels or limited prior knowledge (Ortiz et al., 2022; Toba et al., 2019).



Figure 3. Educational Activity on Pain Management at Ruang Sakura 12, RS Indriati Solo Baru

These findings emphasize the importance of patient-centered education in clinical settings. By providing clear instructions, demonstrations, and supportive materials, patients are empowered to actively manage their pain, which may lead to improved comfort, reduced anxiety, and faster recovery (IASP, 2025; Zhao et al., 2025; Chaleewong et al., 2024).

The activity in Sakura 12 Room at RS Indriati Solo Baru also highlights that even short-term interventions can have a substantial impact on patient knowledge. Continuous reinforcement and follow-up education may further enhance patients' long-term understanding and self-efficacy in pain management (Samarkandi, 2018; Jemebere, 2020; DeVellis & Thorpe, 2021).

CONCLUSION

The educational activity conducted at Ruang Sakura 12, RS Indriati Solo Baru successfully improved patients' knowledge and understanding of pain management. After participating in structured sessions and practical demonstrations, patients demonstrated better comprehension of pain assessment, appropriate use of prescribed analgesics, and non-pharmacological interventions such as relaxation techniques and deep breathing.

The findings indicate that interactive, small-group educational interventions supported by visual aids and printed materials can effectively enhance patient understanding and engagement in

pain management. Such activities empower patients to actively participate in their care, which may contribute to improved comfort, reduced anxiety, and faster recovery.

This activity highlights the importance of ongoing patient education in clinical settings and suggests that even short-term interventions can significantly increase patient knowledge and self-efficacy in managing pain. Continuous reinforcement and follow-up sessions are recommended to sustain and further improve patients' understanding.

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