

## Interactive Sessions

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### **Pain assessment: A careful assessment of the intensity and multiple dimensions of a pain syndrome are the main steps towards adequate treatment**

Wenche Mohr. *Pain Department, The Norwegian Radium Hospital, Oslo, Norway*

**Purpose:** The need for an appropriate assessment of pain: the location, radiation, character and intensity of the pain, not forgetting the multidimension symptoms as anxiety, depression, social situations and spiritual components.

For nurses talking with the patients in the assessment of pain. Summarizing the physical, psychological, social, spiritual and existential aspects of pain using visual analogue scales and pain questionnaires.

Establishing an atmosphere of security together with the patient and the family gives the nurse possibility to help in the terms of "the total pain" and thereby reduce the aspects of suffering.

**Conclusion:** Spending time with the patient and their family, as well as good communication with the physician, are of importance in giving the best patient care along with maintaining their dignity and their quality of life.

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### **Translating research findings into practice**

P. Bond. *Department of Nursing Studies, University of Edinburgh, UK*

**Purpose:** The aim of this workshop is to promote discussion of research utilisation. The fundamental purpose of nursing research is to improve the quality of patient care through the provision of knowledge for practice and the incorporation of substantiated and relevant research into practice. There has been extensive speculation as to why nurses do not use research in practice although much of the literature about the seeming lack of research utilisation by nurses is of an anecdotal nature.

**Method:** Previous work in this area will be examined with particular reference to a recent Scottish study exploring factors influencing levels of research utilisation by nurses working in general wards in Scotland. This workshop will address some of the identified barriers to research utilisation and will explore factors that may facilitate the translation of research findings into practice.

**Results:** Discussion will move beyond the simplistic view of research utilisation that if researchers conduct and publish research, practicing nurses will read it and use it. It will also challenge the assumption that knowledge of the research process will facilitate research utilisation.

**Conclusion:** Dissemination of research findings does not equal utilisation, nor does research awareness in itself guarantee that research will influence nursing practice. Organisational and educational issues can affect the extent to which nurses use research findings in their practice, and these issues have implications for all nurses whether in practice, research, education or management.

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### **Ethical dilemma's in the care of cancer patients**

Y. Willems. *Division of Oncology, Ospedale San Giovanni, Bellinzona, CH, Switzerland*

As ethics we understand generally the system of principles, which have been shaped by history, religion, culture and by personal as well as social values. Some describe ethics as the science of moral values or as a systemic consideration of moral. For nurses ethics is not only a matter of theoretical considerations, but entails a reflection about our daily work and the destiny of our patients.

In our activity we are continuously confronted with ethical problems: sometimes we can solve them alone, sometimes is this a task for the whole team. By looking for solutions, we come to realise how important is the role played by communication and power structures. Which are the ethical problems, with which we are most often confronted? From a possible long list I will choose the following:

- the right to know (and not to know!)
- important therapeutic decisions
- the limit between palliative and curative treatment
- euthanasia.

Our workshop of today is not intended to provide simple answers to all problems.

In the introduction I will design some elements, which might be useful for solving ethical problems.

Later on we will discuss different ethical problems or dilemma's, trying to devise possible strategies in the search for solutions.