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**Assessment of Nurses' Knowledge and Practices
Regarding Neonatal Pain Management in Governmental
and Private Hospitals in the Southern West Bank,
Palestine**

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and Private Hospitals in the Southern West Bank,
Palestine**

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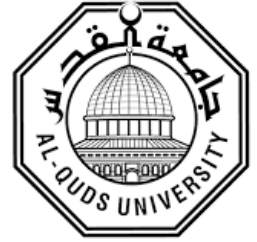
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Thesis Approval

Assessment of Nurses' Knowledge and Practices Regarding Neonatal Pain Management in Governmental and Private Hospitals in the Southern West Bank, Palestine

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Dedication

To the Heavenly God, who has consistently provided me with direction. Through all of the difficulties and victories of this effort, your love and fidelity have supported me, and I devote this accomplishment to You alone.

To my parents, who have provided me with Persistent love and support along my journey. Their advice has been priceless, and I am incredibly appreciative of their unwavering faith in my potential.

This thesis is dedicated to me. I am happy of what I have accomplished since it represents many hours of perseverance, hard work, and determination. I maintained my commitment and focus in the face of uncertainty and difficulty, and this achievement is a tribute to my own fortitude and tenacity.

To my siblings, thank you for your patience, love, and sacrifices throughout this drawn-out and occasionally difficult journey. I appreciate your help very much.

I dedicate this thesis to my super supervisor Dr. Abdallah Al.Wawi. Whose guidance, insight, and encouragement have been invaluable in helping me finish this work. Your support has really made a big difference.

For all of the dreamers and doers who think that information has the ability to influence the future have my sincere dedication. I hope my thesis encourages others to reach farther and achieve more.

Sign: Hala K. J. Howari

Declaration

I certify that this thesis which is submitted to the Deanship of Graduate Studies to get the degree of master in on filed Nursing Management, this is my own research and my own work and it doesn't submit to any other universities or any institutions.

Signed: 

Hala Khader Jeries Howari

Date: 26/06/2025

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Abstract

Background:

Neonates require effective pain treatment, especially in neonatal intensive care units, where common procedures can be quite uncomfortable. Both term and preterm newborns depend on healthcare providers for appropriate pain assessment and management because of their increased sensitivity and incapacity to verbally communicate their suffering. Neonatal pain is still not well understood and treated, despite international guidelines. When it comes to evaluating pain, nurses are essential in using validated instruments. The safety and effectiveness of pharmaceutical and non-pharmacological therapies have been demonstrated, and their integration is crucial for improving newborn outcomes.

Aim of the study:

To assess the nurses' knowledge and practices in assessment and management of neonatal pain in the neonatal intensive care units at Governmental and Private Hospitals in West Bank, Palestine.

Study Design:

A quantitative analytic, cross-sectional study was done using a convenience sample of nurses (n=113) working in neonatal intensive care units in the governmental and private hospitals in south of Palestine.

Study tool:

After reviewing the previous studies, a-77 items questionnaire was developed by the researcher to assess the nurses' knowledge and practices in assessment and management of neonatal pain in neonatal intensive care units at Governmental and Private Hospitals in West Bank, Palestine.

Results:

According to the study's findings, neonatal nurses' total level of knowledge (52.58%) on assessing and managing newborn pain, including information about family and doctor involvement, was extremely poor. Key physiological and therapeutic concepts, like the nature of newborn pain, the use of morphine, and the significance of parental participation, were particularly poorly understood. On the other hand, nurses' practices were generally moderate (70.92%), with greater adherence to routine evaluations and medication interventions as directed by doctors. However, there were clear shortcomings in non-pharmacological procedures, particularly when it came to working with families and applying methods like posture, massage, and environmental stimuli. Significant obstacles to efficient neonatal pain care were also found by the study, including a heavy workload, a lack of training, inadequate equipment, a restricted supply of analgesics, and physician disapproval.

Conclusion:

The study concludes by pointing out a significant difference between neonatal nurses' understanding and their actual methods for pain assessment and management. Despite reasonable practice levels, there was still a lack of general understanding, especially with regard to physician and family involvement. To improve pain management results in neonatal intensive care units, these shortcomings must be addressed through focused training, enhanced teamwork, and institutional support.

Key words: *Neonates, Neonatal pain, Pain assessment, Pain management, Nurses' knowledge, Nurses' practices, neonatal intensive care units (NICUs), Palestine.*

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List of Abbreviation

WHO	World Health Organization
MOH	Ministry of Health
BEEP	Bodily and Emotional Perception of Pain
N-PASS	Neonatal Pain, Agitation, and Sedation Scale
mPAT	Modified Pain Assessment Tool
NICU	Neonatal Intensive Care Unit
EBP	Evidence-based practice
ENC	Essential newborn care
NIPS	Neonatal Infant Pain Scale
NFCS	Neonatal Facial Coding System
CRIBS	Cry, Required Oxygen, Increased Vital Signs, Expression, Sleeplessness Scale
PIPP	Premature Infant Pain Profile

Chapter One

Introduction

1.1 Background

Pain management and prevention are essential skills for healthcare professionals (Kumar & Elavarasi, 2016). Nurses' understanding of pain assessment is particularly important for improving the health of hospitalized neonates who undergo painful procedures (Tarjoman et al., 2019).

Since both term and preterm neonates are extremely sensitive to sensory stimuli and more susceptible to pain and its effects than adults, routine neonatal care procedures like physical examinations and diaper changes can induce discomfort, tension, or suffering. Since neonates are unable to verbally communicate their distress, they must be identified, assessed, and managed by nurses and other caregivers (Elessi et al., 2019).

The role of nursing for patient care is the relief and prevention of pain sensations, numerous worldwide organizations have stressed how important it is to prevent and alleviate pain. Recent study demonstrates that the issue of pain among patients in the neonatal intensive care units (NICUs) in various hospitals is still a significant and neglected concern, despite the recommendations and guidelines based on evidence. There are various medications available to treat neonates (Popowicz et al., 2021).

Assessing and treating neonatal pain effectively is crucial to promoting wellbeing and enhancing behavioral, hormonal, and physiological results. Despite the lack of a standardized approach to neonatal pain management, comprehensive programs in medical facilities are essential. These should place a high priority on reducing iatrogenic pain and using proven pain assessment instruments to assess how well pharmaceutical and nonpharmacological treatments work (Shinde et al., 2022).