

ABSTRACT

The presented work deals with the issue of non-pharmacological pain relief in patients with thermal trauma. Burn pain is considered to be one of the worst, unlike common surgical pain due to numerous surgical procedures and often large dressing changes. The basis of pain treatment is pharmacotherapy, but an important part are also non-pharmacological methods that can be applied by nurses.

The main goal of the study was to find out which available and easy-to-use non-pharmacological methods of pain relief are the most effective according to burn patients. The partial goals were evaluating the impact of fear and anxiety on pain and the question of whether patients' pain is adequately managed. The author's questionnaire, which was partly based on a survey conducted among the patients themselves, was used for the research.

A total of 98.3% of respondents gave a positive evaluation of the adequacy of analgesia. Apart from analgesics, the following methods were then identified as the most effective: undisturbed sleep, relief position, rest, close people visits and interviews with the caring staff.

The research confirmed that apart from quality sleep human contact is the most important for pain relief. In addition to relieving pain, it also affects the mental state of patients and helps reduce the anxiety associated with pain.

Keywords

burns, thermal trauma, pain, nonpharmacological methods of pain alleviation