Use of a Board Game to Enhance Learning about Pain Assessment and Management: A Follow-Up Study
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**Problem:** The management of pain is an important and oftentimes complex role of the bedside nurse. Pain management strategies are a part of the orientation program for all newly hired RNs at Baptist Health South Florida.

**Evidence:** The Pain Game was developed by Ms. Pat Collins, RNC, MSN and the members of the Pain committee of South Miami Hospital (SMH) to teach, safe and effective pain assessment and management to newly hired nurses. The Pain Game is a board game that is played similarly to Monopoly and a scavenger hunt combined. Previously, a pilot study of the acceptability and effectiveness of the game in teaching pain assessment and management principles during orientation was conducted. In the pilot study a sample of 134 newly nurses completed the Pain Game Application Survey that contained five questions concerning the nurses' perception of the game. The Game was perceived very favorably as enjoyable and an interesting way to review and learn pain assessment and management. In the second part of the pilot, 31 nurses who had participated in The Pain Game at the orientation completed a questionnaire to test their knowledge of the information that had been presented in The Pain Game. Findings supported the reliability of the questions on the board game.

**Strategy:** The purpose of this study was to determine the effectiveness of The Pain Game for newly hired nurses' retention patient safety information related to pain assessment and management. The research questions were: 1) Is there a significant difference between nursing orientation participants' knowledge prior to participating in the Pain Game to knowledge retained two months after participating in the Pain Game? 2) Two months after playing the Pain Game what do the participants identify as the most important information learned during the Pain Game and what additional information should be added to the Pain Game?

**Design:** The study was designed as a pre-post test investigation.

**Sample:** The sample was 108 nurses who attended the Baptist Health South Florida (BHSF) orientation classes at any of the BHSF hospital sites. Study received BHSF IRB approval.

**Instruments:** The Pain Knowledge Inventory—PKI-1 is a 10 question, multiple choice test of nurses' current knowledge of aspects of pain assessment and medication management at the time of nursing orientation. The Pain Knowledge Inventory—PKI-2 contains the same questions as PKI-1and two additional questions to determine the most important information learned by nurses from the Pain Game and any additional information that should be added to the Game.

**Procedures:** The PKI-1 was administered to nurse participants prior to playing the Pain Game during orientation. Participants handed in PKI-1 and completed a second envelope with their clinical address. Two months later PKI-2 was distributed using the clinical addressed envelope. Completed PKI-2 data were returned to the researcher's office using inter hospital mail and without the clinical addressed envelopes so all data is anonymous and identified by code only.
**Practice Change Evaluated:** The differences between the pre and post scores were the indicators of the nurses' knowledge of pain assessment and management.

**Evaluation:** The nurses’ submitted their Time 1 data during orientation. The time 2 data was not returned at a rate that allowed for statistical analysis. Only 20 out of the 108 returned their Time 2 data.

**Results:** The level of pain knowledge of Time 1 was tabulated and only 35% of the nurses at Time 1 had 6 or more questions on the PK 1 correct.

**Recommendations:** The level of pain knowledge of the nurses was not at the level that was expected and effectiveness of Pain Game needs further testing.

**Lessons Learned:** The need for an efficient manner to collect data at Time 2 when nurses are in the clinical area needs to be addressed. The lower than anticipated scores on the PK-1 indicated that strategies for teaching pain assessment and management including the Pain Game, need to continue.