

## INTRODUCTION

Pain management is an integral component of nursing practice and a major concern for most nurses regardless of practice setting. Because of the amount of contact nurses have with patients in pain. They play a pivotal role in the overall management of pain, including on going pain assessment, selection of interventions for pain management. Monitoring the effects of treatment and communicating pertinent information about pain and management (*Paula et al., 1994*).

Pain is a complex phenomenon, it is one of the most common problems which face nurses. Pain is an almost universal experience, but at the same time, it is a unique experience for each patient, the nurse is in a good position to help the patient with pain. The nurse can establish a relationship with the patients to help them learn new ways of controlling pain. The subject of pain control is changing constantly, new information about the physiology of pain transmission and control serves to broaden the options available to help the patient in pain, nurses are becoming more knowledgeable about pain and its control (*Joyce et al., 1997*).

Despite a growing trend in acute pain management, many deficiencies still account for the high incidence of moderate to severe postoperative pain to date additionally the identification and treatment of patients with pain still remains a significant health care problem (*Filos and Lehmann 1999*).

Effective relief of pain is of paramount importance to any one treating patients undergoing surgery (*Barnason et al., 1998*). This should be achieved for humanitarian reasons, but there is now evidence that pain

relief has significant physiological benefit. Not only effective pain relief mean a smoother postoperative course with earlier discharge from hospital, but it may also reduce the onset of chronic pain syndromes (*Charlton, 1997*).

Analgesic administration is the most common pain intervention used in most setting. Certainly, pain mediation can be effective: however, there are occasions when it may be contraindicated due to undesirable side effects on the patients conditions. Further, because pain is a complex, multidimensional phenomenon, analgesic medications alone may not adequately reduce or eliminate pain (*Owens and Ehrenreich, 1991*).

Relaxation techniques are useful pain relief measures. Most call for a combination of a quiet environment, a comfortable, a passive attitude, and a focus of concentration, such as sounds. Relaxation techniques usually are initiated independently by nurse who has additional training in their use. Relaxation can counteract the effects of the fights of the fight-or-flight response and promote mental and physical freedom from please reise and physical stress and mental tension which can aggravate any pain. Relaxation therapies promote a sense of detachment. The patients feels a sense of control over the pain in a particular body part (*Mary et al., 1996*). So this study carried out to determine the effectiveness of relaxation technique on minimizing postoperative pain among surgical patients.