

# **Lidocaine spray in reducing pain of intramuscular injection among adults**

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## **ABSTRACT**

Pain has been defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Pain is the most common reason for people to seek health care. Despite being one of the most common symptoms in the medical world, it is one of the least understood phenomenon. **OBJECTIVES:** 1. To assess the intramuscular injection pain level without lidocaine spray. 2. To assess the intramuscular injection pain level with lidocaine spray. 3. To assess the effectiveness of lidocaine spray by comparing the pain levels without lidocaine spray and with lidocaine spray. 4. To find out association between pain levels with lidocaine spray on selected demographic variables. **Results:** In the present study, regarding pre test level of pain is assessed by using standardised Wong baker pain rating scale, and the level of pain categories in pre test, 0% has no pain, 4(13.33%) has mild pain, 20(66.7%) has moderate pain and 6(20%) has severe pain and regarding post test level of pain 4(13.33%) had no pain, 20(80.00%) has mild pain, 2(6.67%) has moderate pain and 0% has severe pain. The obtained 't'-test value for pain level is significant at level 0.05. The adult clients post test pain levels of intramuscular injection decreased as compared to pre test and the lidocaine spray has the effectiveness in reducing pain of

intramuscular injection. **MATERIALS AND METHODS :** Quantitative research approach with pre-experimental research design was adopted for the study which was conducted in selected PHC, Saroor nagar, Hyderabad, AP". 30 adult clients between 18-45 years was recruited in study by purposive sampling technique. Wong baker pain rating scale was used to measure pre and post test pain levels. Data was analysed by using descriptive and inferential statistics. Percentages of categorical variable were computed. **Conclusion:** The findings show that there was a significant difference in pre-test and post-test pain levels. The lidocaine spray is effective in reducing pain of Intramuscular injection.

**Key Words:** Effectiveness, Level Of Pain, Lidocaine Spray, Intramuscular Injection, Adults.