

Abstract

High prevalence, negative effect and suboptimal cancer pain management has been reported from resource-limited countries such as Kenya. Precisely, trends of cancer cases are on the increase at Garissa County in Kenya, yet no data exist on the prevalence, effect and management of cancer pain. This study was to examine the prevalence, effect and cancer pain management of adult patients at Garissa County Referral Hospital. A descriptive cross sectional survey was employed and 94 cancer patients from both outpatient on follow up care and inpatient were recruited to participate. MBPI (Modified Brief Pain Inventory) and ECOG (Eastern Cooperative Oncology Group) tools were used for data collection. Pain Management Index was calculated and significant levels were set at $P < 0.05$). Participants accounting 76.9% male and 66.7% female reported cancer pain interference with ability to walk and 91% male and 70% female reported that pain interfered with their mood. Male participants reported to experience more psychological, physical and social pain than female participants. A total of 81.9% (77) participants incorrectly utilised WHO analgesic ladders, 65% (61) and 77.6% (73) considered alternative therapy of Quran and Somali herbs respectively for pain management. This study found a high prevalence of cancer pain with negative impact and suboptimal cancer pain management.