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### Evaluate the knowledge and attitude among nursing students towards the use of opioids in selected nursing colleges of Budgam

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#### Abstract

**Introduction:** Adequate knowledge and positive attitudes toward opioids are crucial for nursing students to provide effective pain management while minimizing the risk of opioid misuse. Understanding students' perspectives on opioid use and overdose can help improve nursing education and patient care. The increasing prevalence of opioid use presents significant challenges and responsibilities for healthcare professionals, particularly nurses. This study aims to evaluate the knowledge and attitudes of nursing students in selected colleges of Budgam regarding opioid use. Understanding their perceptions and level of awareness is crucial for fostering safe and effective pain management practices. By assessing these factors, we can identify educational gaps and enhance the curriculum to better prepare future nurses for their roles in opioid administration and patient care.

**Aim:** The aim of the study is to evaluate the knowledge and attitude among nursing students towards the use of opioids in Nursing colleges of Budgam, Kashmir.

**Material and methods.** The research approach used for this study was quantitative research approach and descriptive design was adopted for the study. The setting of the study was Ibn Sina College of Nursing, Budgam. A convenience sampling technique was used to select the sample. The sample size was 100 nursing students. The data was analyzed and interpreted in terms of objectives formulated descriptive and inferential statistics were used for the data analysis.

**Conclusion:** The study conducted, evaluate the knowledge and attitude which is present in the Nursing students studying in different Nursing colleges of Budgam and also aims at improving the level of knowledge by determination of relationship of knowledge and other variables making the study worth it.

**Keywords:** Knowledge, attitude, opioids

#### Introduction

Opioid use disorder has emerged as a major public health concern in India, with Kashmir experiencing a disproportionately high burden. Addiction is a growing problem in the Kashmir valley. The issue of opioid use has emerged as a critical concern in modern healthcare, given the rising rates of addiction and overdose. With pain management being a fundamental aspect of patient care, it is essential for nursing professionals to possess a comprehensive understanding of opioids, including their therapeutic benefits and potential risks. Nursing students, as the future frontline caregivers, play a pivotal role in prescribing practices, patient education. Nurse's often encounter the human consequences of this crisis in homes, communities, and healthcare facilities., and monitoring for misuse. However, their knowledge and attitudes toward opioids can significantly influence how they manage pain and approach opioid-related challenges. This study focuses on assessing the awareness and perceptions of nursing students in selected colleges of Budgam, aiming to identify potential gaps in education and inform strategies to enhance

their competency in handling opioid-related cases effectively.

- To evaluate the level of knowledge regarding opioid use among nursing students in selected nursing colleges of Budgam.
- To assess the attitudes of nursing students towards the use of opioids in pain management in the selected colleges.
- To examine the association between demographic variables (age, clinical exposure) and knowledge of opioid use among nursing students.
- To investigate the relationship between demographic variables and attitudes toward opioid use among nursing students.

#### Review of Literature

**Madiha Zarif, Hafsa Sattar, Arooj Fatima and et al [1] conducted**

A study on Knowledge and Attitudes of Nursing Students About Opioids and Overdose Crisis. This cross-sectional study was conducted at Medicare Hospital of Nursing,

Multan, from December 2023 to December 2024. A total of 100 full-time nursing students were selected. Data were collected through a 34-item questionnaire assessing demographic characteristics, knowledge, attitudes toward opioids and overdose, experience with pain management, and satisfaction with opioid policies. Responses were recorded on a Likert scale ranging from 0 (strongly disagree) to 5 (strongly agree). Statistical analysis was performed to compare knowledge and attitude scores across different academic years. The results suggested that the mean knowledge score increased significantly with the student's educational progression, from  $11.2 \pm 2.76$  in first-year students to  $17.1 \pm 2.58$  in fourth-year students ( $F(df3) = 21.34$ ,  $p < 0.001$ ). Attitudes toward opioids were negative in 50% of students overall, but this percentage declined with academic advancement: 82% of first-year, 60% of second-year, 44.5% of third-year, and 40% of fourth-year students had negative attitudes. It was concluded that the Nursing students demonstrated satisfactory knowledge and a moderate attitude toward opioids, with both improving as they progressed through their academic years. However, curriculum enhancement and hands-on clinical experiences are essential to refine their understanding further and promote better patient care.

#### **Hedieh Hatami Sirjani<sup>[2]</sup>**

A systemic analysis on Nursing Students regarding assessment of Knowledge and Attitudes About Pain Management and Opioids Management and Opioids. Projects as first, second and third. The methods used were in the the first project was a systematic analysis of the literature regarding the educational interventions' impact on healthcare professional knowledge and practice behaviour regarding prescription opioids. The second project was a qualitative study of nursing students to explore their experience, self-efficacy, and knowledge of prescription opioid use for pain management and whether they feel the need for more educational opportunities on this topic. The third project implemented and assessed an educational module on undergraduate nursing students' knowledge and attitudes regarding prescription opioids. The results finds that the first project showed that an educational intervention on using opioids for pain management positively impacts providers' knowledge and practice behaviour. The second project found that nursing students had limited knowledge and low self-efficacy regarding using opioids for pain management and preferred to receive a comprehensive education. The third project showed that the educational module improved nursing students' knowledge, attitudes, perceived behavioural control, and intention about prescription opioids for pain management. Students reflected positively on the module. The study concluded that the need for comprehensive education for healthcare professional students on using opioids for pain management is detected. Educational interventions have a positive impact on healthcare providers' knowledge regarding using opioids for pain management. Undergraduate nursing students benefited from the educational module on prescription opioids and preferred to include a similar module in their undergraduate curricula.

#### **u Nurses' knowledge and attitudes toward patient-controlled analgesia for po**

##### **Laura F Lewis<sup>[3]</sup> Lauren Jarvis<sup>[3]</sup>**

A study conducted on Undergraduate nursing students' experiences and attitudes towards working with patients with opioid use disorder in the clinical setting. It was a qualitative content analysis and the purpose of this study was to examine nursing students' experiences encountering patients with opioid use disorder in the clinical setting, their attitudes about their encounters, and their perceptions of their educational preparedness to care for this population. The Method used was Purposive sampling to identify participants. Semi-structured interviews were conducted until saturation. Krippendorff's method for qualitative content analysis was used to cluster units within the data to identify emergent themes. The participants were eleven senior nursing students from a public university in New England participated. The Analysis revealed six themes, including: navigating ethical dilemmas, gaining comfort with time and experience, avoiding the "elephant in the room," learning from real-world scenarios, witnessing discriminatory care, and recognizing bias and stigma. It was concluded that the students were most likely to experience bias and internal conflict in maternity clinical rotations. Education should include practical communication strategies to reduce avoidance behaviours among nursing students as well as techniques to manage difficult situations and reduce moral distress. Nurses must be mindful of their power to influence students and should model non-judgmental language and behaviour. Students ultimately expressed a desire to provide informed and empathetic care.

#### **Aims and Objectives of the study**

1. To evaluate the level of knowledge regarding opioid use among nursing students in selected nursing colleges of Budgam.
2. To assess the attitudes of nursing students towards the use of opioids in pain management in the selected colleges.
3. To examine the association between demographic variables (age, clinical exposure) and knowledge of opioid use among nursing students.
4. To investigate the relationship between demographic variables and attitudes toward opioid use among nursing students.

#### **Hypotheses**

There is an association between the knowledge level and attitude of the Nursing students and their selected demographic variables.

#### **Assumptions**

The study assumes that the nursing students will be having some knowledge regarding opioid use and will have some attitude towards the use of opioids.

#### **Material and Methods**

The present study was conducted to evaluate the knowledge and attitude among Nursing students regarding the opioid use in Nursing colleges of Budgam, Kashmir.

**Research design:** The researcher overall plan for obtaining

answers to research questions for testing the research hypothesis and is referred to as research design. A descriptive design was used for the present study.

### Population

In the present study, population consists of nursing students studying in last semester, in selected nursing colleges of Budgam, Kashmir.

### Sample Size

100 nursing students studying in last semester, who met the criteria formed the sample for the study.

### Sampling Technique

Convenience sampling technique was found appropriate and all the 100 last semester nursing students, who could understand English and Urdu was selected as sample for the study.

### Criteria for selection of samples

#### Inclusive criteria

- Nursing students studying in the last semester, in nursing colleges of Budgam Kashmir.
- Those who are willing to participate.
- Students who have at least attended one clinical posting

#### Exclusive criteria

- Nursing students who are not available at the time of study.
- Nursing students who are not willing to participate.

### Variables

Variable is defined as an attribute of a person or object that varies that takes on different values.

### Independent variables

The independent variables of this study were the demographic factors of nursing students.

### Dependent variables

the dependent variables of the present study were knowledge and attitude of nursing students towards opioids.

### Setting

The study was conducted in Ibn Sina college of Nursing, Budgam Kashmir. The total population is 100.

### Findings of the study

Frequency and percentage distribution as per their level of knowledge and attitude among Nursing students in Selected Nursing colleges of Budgam Kashmir.

**Table 1:** Grading Scale and Score Interpretation

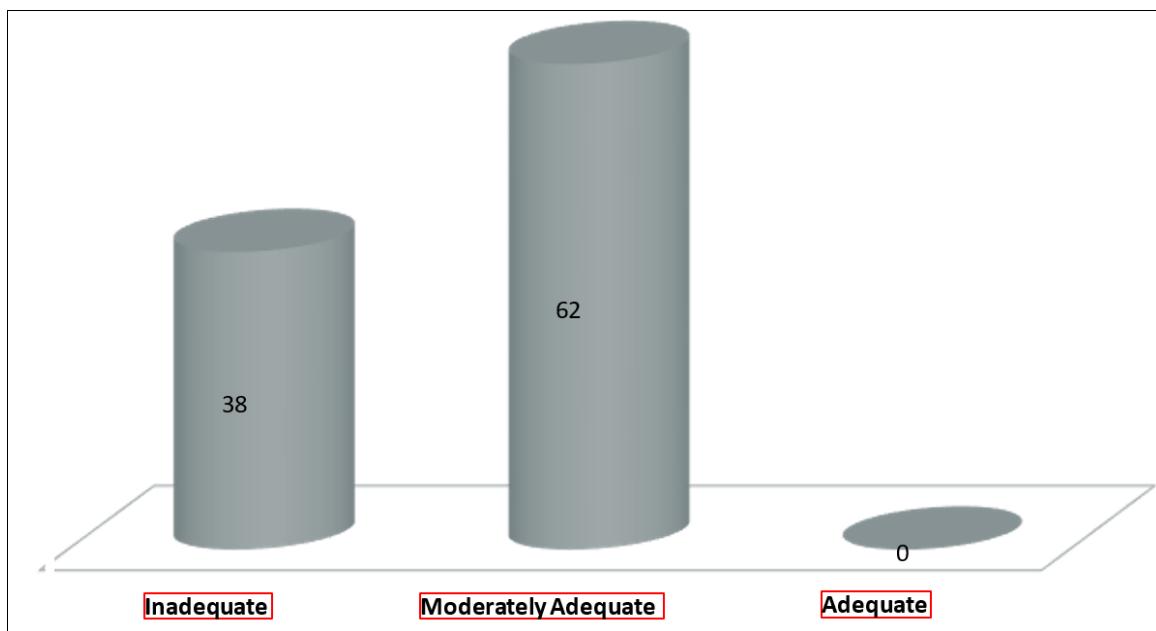
S. No.	Grade	Score	Percentage
1	In adequate	<=09	<50%
2	Moderately Adequate	10-13	50-72%
3	Adequate	>13	>72%

This table comprises the score obtained into three grades with score less than or equal to 50% labeled as inadequate and a score above 72% as adequate. Anything between these is labeled as moderately adequate.

**Table 2:** Score criteria for knowledge regarding Opioids

Grade	Total Score	
	Number	%age
Inadequate	38	38
Moderately adequate	62	62
Adequate	0	0

In order to assess the knowledge regarding Opioids among Nursing students, about 38(38%) nursing students had inadequate knowledge and majority of Nursing students i.e. 62 (62%) had moderately adequate knowledge and none had adequate knowledge regarding opioids among Nursing students. This specifies an average level of Knowledge among Nursing students as depicted by the diagram.

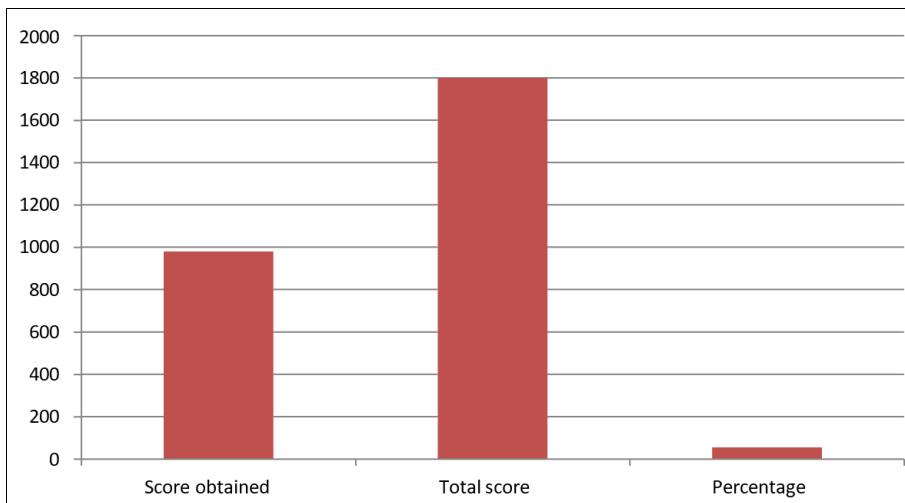


**Fig 1:** Knowledge regarding Opioids(%age)

**Table 3:** Total Knowledge Score

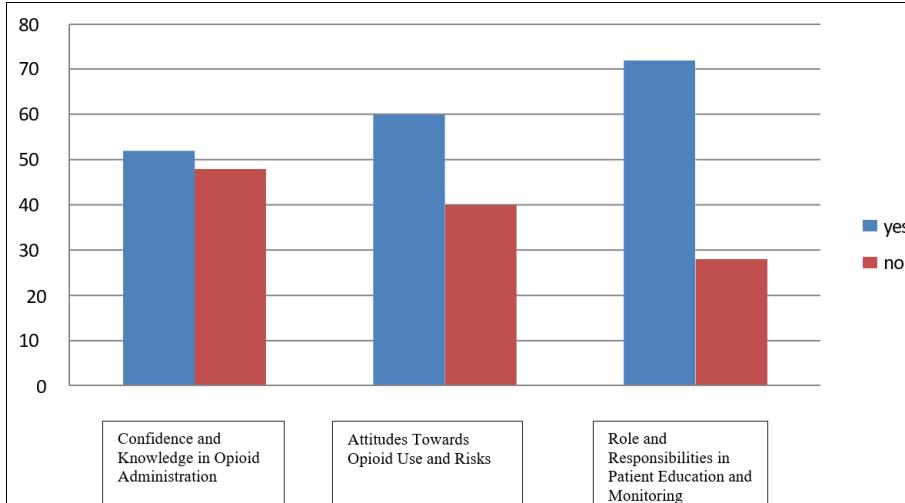
Knowledge Score		
Score Obtained	Total Score	Percentage
981	1800	54.5

The above table depicts the Knowledge test score regarding Opioids. The total score achieved by the study group was 981 out of 1800 which is 54.5% and which specifies an average level of knowledge regarding Opioids.

**Fig 2:** Knowledge Regarding Opioids**Table 4:** Attitude regarding opioids

Confidence and Knowledge in Opioid Administration	Yes	No
Confidence and Knowledge in Opioid Administration	70%	30%
Attitudes Towards Opioid Use and Risks	76%	24%
Role and Responsibilities in Patient Education and Monitoring	72%	28%

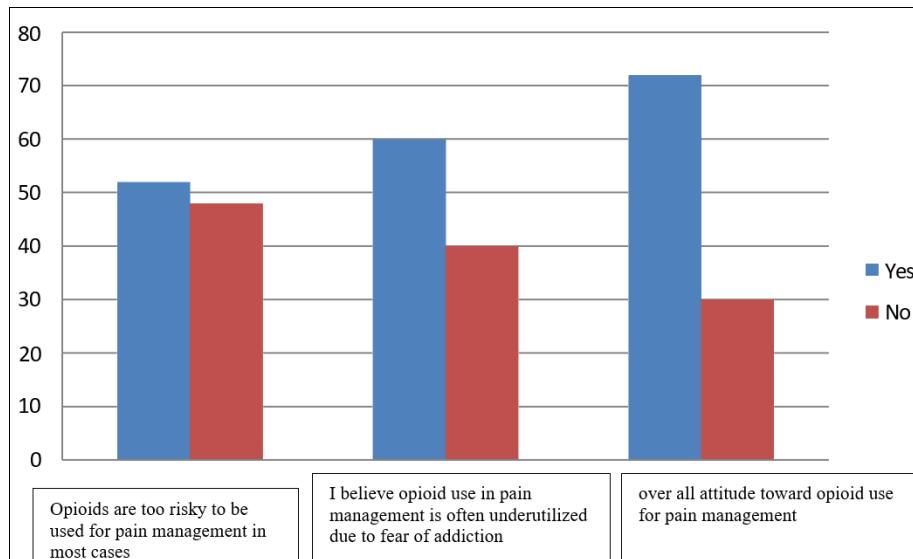
The above table depicts the confidence and knowledge, where majority of the nursing students i.e. (70%) says that they are knowledgeable about opioids and confident, 76% nursing student shows attitude towards opioid use and risk. Likely, 72% of student nurses assumes role and responsibilities in patient education and monitoring.

**Fig 3:** Confidence and Knowledge in Opioid Administration**Table 5:** Attitudes Towards Opioid Use and Risks

Variables	Yes	No
<b>Attitudes Towards Opioid Use and Risks</b>		
Opioids are too risky to be used for pain management in most cases.	52%	48%
I believe opioid use in pain management is often underutilized due to fear of addiction	60%	40%
What is your over all attitude toward opioid use for pain management.	72%	28%

The above table depicts the attitude towards opioid use and risk, almost half of the nursing students (i.e., 52%) says that opioids are too risky to be used in pain management, 60% nursing students believes that opioid use in pain

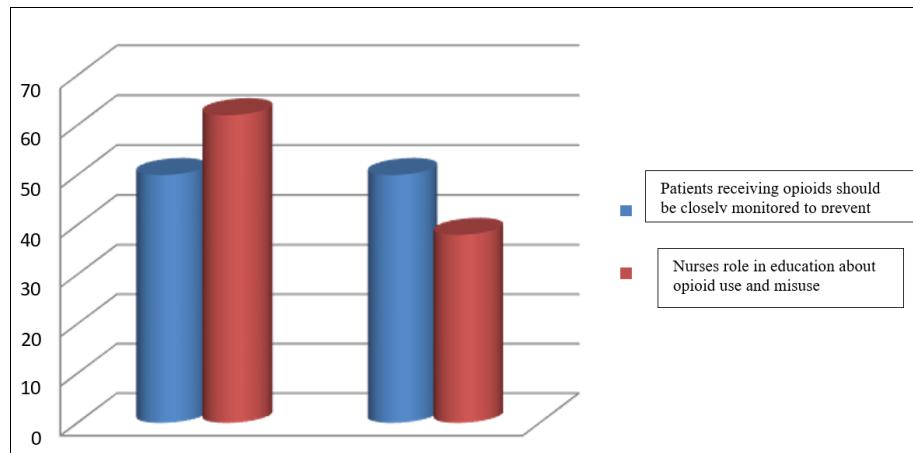
management is often underutilized due to fear of addiction. Likely 72% Nursing students show overall attitude towards opioid use for pain management.

**Fig 4:** Attitudes Towards Opioid Use and Risks**Table 6:** Perspectives on Patient Monitoring and Nursing Roles in Opioid Management

Variables	Yes	No
<b>Attitudes Towards Opioid Use and Risks</b>		
Patients receiving opioids should be closely monitored to prevent addiction.	50%	50%
Nurses play a critical role in education patients about and preventing opioid misuse and addiction.	62%	38%

From the above table in reference to attitude towards opioid use and risks, 50%, i.e. half of nursing students say that patients should be closely monitored to prevent addiction

and 62% nursing students says that nurses play an important role in education patients about and preventing opioid misuse and addiction.

**Fig 5:** Attitudes Towards Opioid Use and Risks

To find association of knowledge with selected variables (duration of clinical exposure/Gender). In order to find out association of knowledge with selected demographic variables we set up a null hypothesis.

• **H<sub>0</sub>:** There is no significant difference between

knowledge with selected demographic variables (duration of clinical exposure/Gender).

• **H<sub>1</sub>:** There is significant difference between knowledge and demographic variables.

**Table 7:** Association of knowledge with Duration of clinical exposure

Duration of Clinical exposure	Yes	No	Total	df	Chi- square calculated	Chi- squ. Tab	Interpretation
3-6months	801	639	1440	1	8.7658	3.841	Highly significant
7-10 months	170	190	360				
Total	971	829	1800				

**Table 8:** Association of knowledge with gender

Gender	Yes	No	Total	df	Chi-square calculated	Chi-square. Tab	Interpretation
Male	408	348	756		0.133	3.841	No Significant difference
Female	573	471	1044				
Total	981	819	1800				

## Conclusion

The findings of the study indicate that the knowledge and attitude of nursing students concerning the use of opioids are sub-optimal. Despite the critical role that nurses play in pain management and the safe administration of opioids, many students demonstrate gaps in their understanding of opioid pharmacology, indications, side effects, and the risks associated with misuse and addiction. Furthermore, their attitudes towards opioid prescriptions reflect a degree of uncertainty and apprehension that may hinder their effectiveness in managing patients' pain. The results underscore the need for a comprehensive review and enhancement of the nursing curriculum, specifically focusing on opioid education. Incorporating more robust training on pain management and the responsible use of opioids could foster greater confidence and competence among nursing students. Additionally, practical workshops and simulations could provide valuable hands-on experience, bridging the gap between theoretical knowledge and real-world application.

In conclusion, addressing the identified deficiencies in opioid education is crucial for equipping future nursing professionals with the necessary skills and understanding to navigate the complexities of opioid use effectively. By enhancing their knowledge and shaping a positive attitude towards responsible prescribing practices, we can better prepare nursing students to contribute meaningfully to patient care, ultimately improving outcomes in pain management and reducing the risks associated with opioid misuse.

## Conflict of Interest

Not available.

## Financial Support

Not available.

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## How to Cite This Article

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