

PAIN INTENSITY AMONG PATIENTS UNDERGOING LAPAROSCOPIC, SCOPIC, AND OPENSURGERIES FOR GENITO - UROLOGICAL DISORDERS.

Regina X., Professor, College of Nursing, Christian Medical College, Vellore, India,
Beulah P., Retired Professor, College of Nursing, Christian Medical College, Vellore, India.



Abstract

Pain is the fifth vital signs and also is one of the most commonly expressed symptom in the post-operative patients. This study aims to compare the incidence of pain intensity among patients undergoing three different types of genito urinary surgery admitted in general urology ward of Christian medical college, Vellore.

Key words: post genito urological surgeries, pain intensity, open laparoscopic, scopic surgery.

- To compare the intensity of pain among patients undergoing laparoscopic, scopic and open genito- urological surgeries.

Hypothesis

- H1:** There will be a significant difference in the intensity of pain experienced by patients undergoing laparoscopic, scopic and open genitourological surgeries.

Introduction

Pain is a subjective unpleasant response. It is the major symptom in post genito urological surgeries. There is a general perception that patients with a bigger/ open incision suffer more pain, whereas the patients undergoing scopic and laproscopic surgeries have lesser pain. And the attitude and behavior of nurses in terms of pain management towards these patients differs based on the type of surgery. The investigator intended to identify the differentiation among these three different types of genito urological surgeries and to concentrate on better pain relieving measures to improve the post-operative patient comfort and care.

Statement of the problem

A retrospective, comparative study to assess the pain intensity among patients undergoing laparoscopic, scopic and open genitourological surgeries for the first 48 hours of waking hours after surgery admitted in general urology ward (O3 West) of Christian Medical college, Vellore.

Objectives

- To assess the pain intensity among patients undergoing laparoscopic, scopic and open genito-urological surgeries.

Methodology

A retrospective comparative study design was chosen to assess the incidence of pain intensity among patients undergoing laparoscopic, scopic and open genito-urological surgeries for the first 48 hrs of waking hours after surgery admitted in general urology ward (O3 West) was conducted at the Christian Medical College, Vellore. Patients aged between 18-70 years, who had elective and emergency surgeries were included. Purposive sampling technique was used to select a total of 133 samples fulfilling the inclusion criteria for the study.

Instrument

Horizontal 0-10 numerical universal pain assessment tool (Verbal Descriptor Scale) was used to assess the intensity of the pain which describes 0- Nopain, 1-2 mild pain, 3-7 moderate pain, 8-7 severe pain, and 10 is a worst pain possible.

Data collection procedure

Formal permission from the college of nursing research committee and the written consent from the patients were obtained. The data was collected by looking at the pain score of the patient, which was documented by the staff nurses in the patient comprehensive pain assessment and monitoring sheet

during waking hours for the first 48 hours after surgery. The collected data were tabulated and

analyzed by using descriptive statistical tests like frequencies, percentage, mean, standard deviation.

Results

Table: 1 Distribution of samples according to the demographic and clinical variables.

Demographic and clinical variables.	n	%
N=133		
Gender		
Male	108	81.2
Female	25	18.8
Age in years		
18-35	34	25.56
36-55	48	36.09
56-70	51	38.35
Educational status		
Illiterate	15	11.2
Primary	26	19.6
Secondary	38	28.6
Hr. Secondary	28	21.0
Undergraduate	25	18.8
Post graduate	1	0.8
Occupation		
Unskilled	46	34.6
Skilled	48	36
Professional	18	13.6
Unemployed	16	12
Student	5	3.8
Types of Anesthesia		
General	87	65.41
Spinal	46	34.59
Previous admission status		
Yes	20	15.03
No	113	84.97

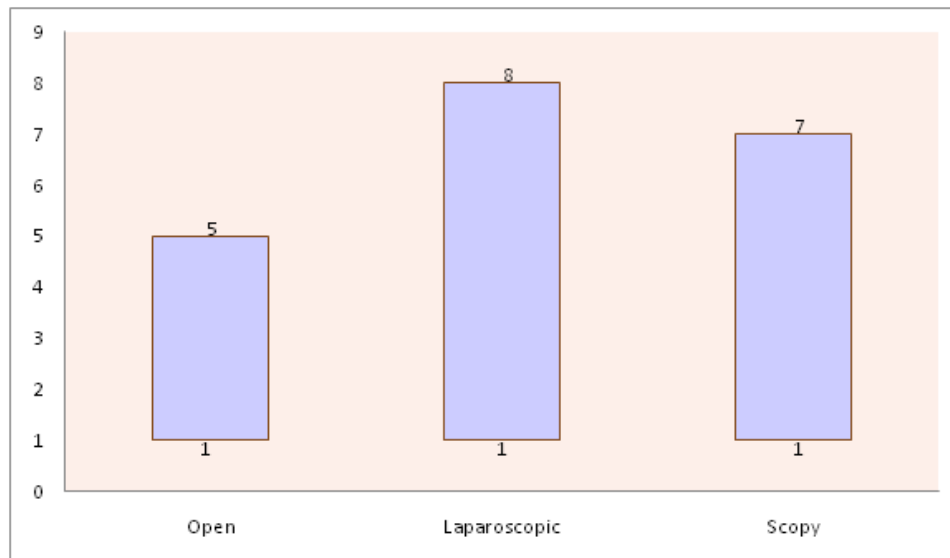
Table 1 revealed that most of them were male (81.2%), belonged to the age group of 56 to 70 years (38.35%), had secondary education (28.6%) and skilled labourers (36%). Majority of them had general anesthesia (65.41%) and have not had any hospitalization earlier (84.97%).

Table: 1 Comparison of pain score among patients undergoing laparoscopic, scopic and open genito urological Surgeries.

Type of genito urological surgery.	Mean	SD	Statistical value	P value
Laparoscopy	0.75	± 0.52		
Scopy	0.18	± 0.33	29.72	<0.001**
Open	0.35	±0.56		

The table 2 revealed that the patients undergoing laparoscopic surgery had more pain than the open and scopic surgeries. The obtained mean value of pain score for the laparoscopic surgery was 0.75 and SD was ± 0.52, which is highly significant with the p value of <0.001.

Fig 1 The minimum and the maximum pain score among patients undergoing laparoscopic, scopic and open genitourological surgeries over a period of 48 hours after surgery.



The figure 1 revealed the minimum and the maximum pain scores among patients undergoing laparoscopic, scopic and open genito urological surgeries over a period of 48 hours after surgery and it also inferred that there was a high pain score among laparoscopic surgery.

Discussion

The findings of the study showed that the pain intensity is more in patients undergoing laproscopic surgery than that of the open and scopic genito urological surgeries with p value of <0.001 . According to this study, after the laparoscopic surgery, the maximum pain score that is 7 is seen in patients undergoing scopic surgery. The maximum pain score in open surgeries is recorded as 5 (lesser than the other two surgeries); probably this could have been because of the pain relieving coverage that is provided because of the bigger incision and so on.

Conclusion

Pain is an unpleasant experience that anybody undergoes. Health care professionals, especially nurses need to have an appropriate understanding of the pain experience of each individual. One should never assume the severity of the pain intensity. Nurses should assess the pain intensity at regular intervals and intervene at the earliest. No one deserves to suffer pain. In regard to the different types of surgeries, the attitude has to change that open surgeries with bigger incisions have more pain and they need more pain relief coverage. Here in this study, it is proved that laparoscopic surgeries cause

more pain than open and scopic surgeries. Assess regularly and react appropriately and timely to ease the suffering: should be the mantra of all the nurses!!

References

- Brunner, L.S., & Smeltzer (2010) *Brunner & Suddarth's textbook of Medical Surgical Nursing*. Vol.1. Lippincott Williams & Wilkins.
- Dunwoody, C.J., Krenzischek, D.A., Pasero, C., Rathmell, J.P., Polomano, R. C. (2008) Assessment, physiological monitoring, and consequences of inadequately treated acute pain. *Journal of Peri Anesthesia Nursing*. 23(1):S15–S27. [PubMed]
- Polomano, R. C., Dunwoody, C. J., Krenzischek, D. A., Rathmell, J.P. (2008) Perspective on pain management in the 21st century. *Pain management Nursing*. 9(1):3–10. [PubMed]
- Salinas, G. D., Abdolrasulnia, M. (2011) Effectiveness of INROADS into pain management, a nursing educational intervention. *Journal of continuing education in nursing*. ;42(7):328–36. [PubMed]