Research Paper

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Assess the Quality of Recovery Among Post-Operative Patients Subjected to Cardiac Surgery in Selected Tertiary Hospital, Kanchipuram Dist, Tamilnadu

Nursing

KEYWORDS : Quality of recovery, Post-operative patients, Cardiac surgery

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ABSTRACT

Post operative recovery is related to physical, emotional, psychological precepts of an individual. Post operative physical support and psychological support are an essential part in recovery from surgery in order to ensure a good prognosis. Nurses play an important role in improving the postoperative outcome of patients. Each patient as an individual, with consideration of unique pain, depression, anxieties, needs and hopes, in their recovery as well as in the prevention of complications patients undergoing cardiac surgery. Hence the researcher felt it is important to assess the quality of recovery among post operative patients, to know the physiological and psychological wellbeing of the patients daily after surgery till the time of discharge. The overall analysis of recovery shows 92% of patients subjected to cardiac surgery attained good recovery by fifth post-operative day, the remaining 4% in moderate recovery and 4% in poor recovery. The overall mean and standard deviation of day II is 41.28 ± 6.01, day III is 31.84 ± 6.59, day IV is 22.1 ± 6.62 and day V is14.92 ± 6.87.In comparison between all post-operative days with day V using repeated measures of ANOVA revealed that there is a change in mean difference between in each post-operative days. The day II (mean difference) MD = 26.36, day III MD = 16.92 and day IV MD= 7.18. The difference between each day compared with the fifth day is highly significance (p < 0.01) at 0.05 level. Based on the findings of the result indicates that there is a significant difference in quality of recovery in patient's subjected to cardiac surgery. Hence this study states that it is not always worth the discomforts of major surgery to get minor recovery.

INTRODUCTION

Cardio vascular diseases remain as an important public challenge all over the world. In developed countries, lower socio economic groups have a greater prevalence of risk factors, higher incidence of disease and higher mortality. World health organization (WHO) states that 17.3 million mortality rate from cardiovascular diseases in 2008; there will be about 20 million cardiovascular disease mortality by 2015, accounting for 30% of all deaths worldwide. Numerous diseases and conditions may necessitate the need for cardiac surgery. Surgery is an integral part of health care throughout the world with approximately 234 million operations performed annually, which exceeds the annual number of childbirth. Care of the person undergoing cardiac surgery involves multidisciplinary team approach utilizing the skills of variety of health care professionals. It includes preoperative, intraoperative and post operative care. The nursing activities in the post operative period include establishing a baseline assessment, carrying out post-operative care and preparing the patient for good recovery. The value of post operative recovery has long been recognized. Post operative assessment is one of the most important areas in patient care. A postoperatively assessed patient has improved quality of recovery. Post operative physical support and psychological support are an essential part in recovery from surgery in order to ensure a good prognosis. Surgery the patient can able to adapt to the surgery. The nursing personnel play an important role in improving the postoperative outcome of patients. Each patient as an individual, with consideration of unique pain, depression, anxieties, needs and hopes, in their recovery as well as in the prevention of complications patients undergoing cardiac surgery. So it is important to assess the quality of recovery among post operative patients, to know the physiological and psychological wellbeing of the patients daily after surgery till the time of discharge.

OBJECTIVES

To assess the quality of recovery among post-operative patients subjected to cardiac surgery.

To associate the quality of recovery (post-operative fifth day Score) with selected demographic variable among post-operative patients subjected to cardiac surgery.

METHODS

The conceptual framework used in this study was modified Penders health promotion Model. A Quantitative approach was used for the present study. Using purposive sampling technique 50 patients who underwent cardiac surgery were selected from Chettinad Super Speciality Hospital, Kelambakkam, Tamil Nadu. The standardised tool was used to assess the four domains i.e. Physiological Parameter, Pain, Anxiety and Depression, Activity of Daily Living among post-operative patients subjected to cardiac surgery. The collected data was analyzed by using descriptive and inferential statistics.

DATA COLLECTION AND ANALYSIS

The research proposal was approved by the Institutional Human Ethical Committee of the Chettinad Academy of Research and Education, prior to the conduction of pilot study and main study. The purpose of the study was explained to the subjects prior to the study. Descriptive statistical method such as frequency and percentage was used for describing demographic variables. Mean and Standard deviation is used to assess the quality of recovery. The significant difference between days is assessed by repeated measures of ANOVA. The association between the quality of recovery (post-operative fifth day Score) with selected demographic variable among post-operative patients subjected to cardiac surgery was evaluated by inferential statistical method (i.e.) chi square test.

RESULTS AND DISCUSSION

The present study result shows that in overall analysis of recovery shows 92% of patient's subjected to cardiac surgery attained good recovery by fifth postoperative day, the remaining 4% in moderate recovery and 4% in poor recovery. The overall mean and standard deviation of day II is 41.28 ± 6.01, day III is 31.84 ± 6.59, day IV is 22.1 ± 6.62 and day V is14.92 ± 6.87.In comparison between all postoperative days with day V using repeated measures of ANOVA revealed that there is a change in mean difference between in each postoperative days. The day II (mean difference) MD = -26.36, day III MD = -16.92 and day IV MD= -7.18. The difference between each day compared with the fifth day is highly significance (p < 0.05) at 0.05 level.

Figure 1: Percentage distribution of quality of recovery score among patient subjected to cardiac surgery from day II to V

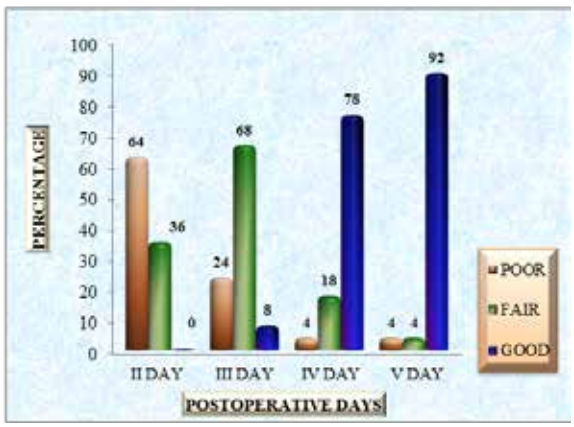
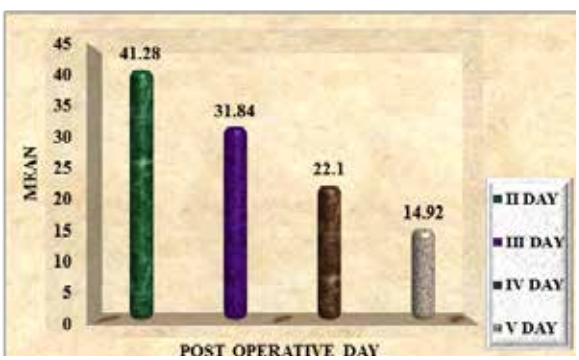


Figure 2: Mean and Standard deviation of quality of recovery among patient subjected to cardiac surgery from day II to V



The comparison between all days with day V score using repeated measures of ANOVA .The table result shows that there is a change in mean difference between in days, day II MD= -26.36, day III MD= -16.92 and day IV MD= -7.18. The significance difference between each day compared with the other days is highly significance at 0.05 level (P<0.01). Hence, the research hypothesis is accepted and there is a difference in quality of recovery.

IMPLICATIONS FOR NURSING PRACTICE AND RESEARCH

The present study will enable nurses to apply theory into practice. Nurse can assess the quality of recovery by knowing physiological and psychological ability of the patient postoperatively, using the tool modified or standardized. There is a need for extensive and intensive research in this area so that quality of recovery is still more assessed and strategies for early identification and prevention of complications can be implemented.

CONCLUSION

On the basis of conducted research it is concluded that it's very much important as a care giver to know about the person's recovery postoperatively. Change in both physiological and psychological factor of a person can lead poor quality of recovery. It's not all a person can achieve recovery one's determination indicates him to the quality of recovery. In this present study the quality of recovery is not affected by any type of Cardiac surgery, most attained good quality score, it may due to quality care, good psychological support, early ambulation, healthy habits and patient cooperation. The findings of the study revealed significant difference between each days when compared with day V mean.

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