Effectiveness of pre-operative instruction on knowledge, pain, and selected post-operative behaviours among women undergoing abdominal hysterectomy in selected hospital, Bangalore, Karnataka

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Abstract

Introduction: Women who have an abdominal hysterectomy, typically experience significant physical and psychological problems, like fear and anxiety of the surgical outcomes, post-operative pain, effect on their daily activities, and sexual relationships. Providing pre-operative information on surgery is an effective measure to promote positive post-operative outcomes. Objectives: The objectives of the study were to evaluate the effectiveness of pre-operative instruction in terms of gain in knowledge, reduction of postoperative pain and improvement in selected post-operative behaviors and to find the association between knowledge score and pain score with selected baseline variables. Methods: A quasi-experimental pre-test and post-test control group designed with non-random assignment was used with sample size of 60 women, who were assigned to two groups: experimental and control with 30 women in each group. Study was conducted in Gynecological ward of Multispecialty Hospital. Experimental group was given pre-operative instruction. Results: Study results showed that there was significant gain in knowledge (p<.001), reduction in post-operative pain (p<.001) and significant improvement in the performance of selected post-operative behavior (p<.001) of women in the experimental group.

Key words: Pre-operative instruction, knowledge, post-operative pain, post-operative behaviours, abdominal hysterectomy