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Nursing Care of Women Submitted to Hysterectomy: Integrative Review

Lucena SV[1*], Carneiro GMA[2] and Silva AN[3]

[*1]*Faculty of Medicine, Federal University of Ceará, Fortaleza, CE, Brazil*

[2]*Faculty of Medicine, University of Fortaleza, Fortaleza, CE, Brazil*

[3]*Ceará State University, Fortaleza, CE, Brazil.*

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ABSTRACT

Hysterectomy is a full or partial surgical removal of the uterus, is the second most common surgery among women of reproductive age. Nurses play a key role in assisting patients in the preoperative period and postoperative.

Objective: To analyze the available evidence in the literature on nursing care for women undergoing hysterectomy. Method: an integrative review, in order to answer the question: What is the evidence on nursing care to women undergoing hysterectomy? For this, databases were consulted Medline, PubMed, LILACS, BDENF, Scopus, CINAHL and Cochrane. After the selection of studies, we proceeded with the reading in full and then the data were extracted and organized for analysis. The final sample consisted of 7 items.

Results: The predominant nursing care: education and health.

Conclusion: the articles analyzed allowed to present that teaching in effective health in nursing care to women undergoing hysterectomy.

Keywords: Women, Hysterectomy, Nursing

INTRODUCTION

The hysterectomy is a total or partial surgical removal of the uterus, it may be abdominal or vaginal, it is the second most common surgery among women of reproductive age, preceded only by surgical delivery [1]. Hysterectomy may be indicated in the treatment of cancer, dysfunctional uterine bleeding, endometriosis, non-malignant growths, persistent pain, relaxation, pelvic prolapse and previous uterine injury [2]. In the United States of America, 600,000 hysterectomies are performed annually, presenting the most frequent indication for the surgical procedure: uterine fibroids [3]. According to the Department of Informatics of the National Health System (DATASUS), 103,510 hysterectomies were performed in Brazil in 2011 [4]. Research in Taiwan and Turkey has shown that the uterus refers to femininity, sexuality, fertility and maternity, and the loss of this organ implies the generation of new problems related to the social role and the way the woman is inserted [5].

Nurses play a key role in assisting patients in the preoperative and postoperative period. The factors that can be limiting to a good recovery are the body image, lack of preparation, limited financial and social support. Nurses should intervene responsibly, act as educators so that patients are aware of the whole process in order to heal doubts, reduce anxiety, and address important issues [3].

From this context, the following question was raised: What evidence about nursing care for women undergoing hysterectomy? Presenting the following hypothesis: The assistance of women submitted to hysterectomy presents with a lack of scientific basis. Therefore, the study is justified by the need to review research that addresses the nursing care of women submitted to hysterectomy. To do so, it is essential to carry out a survey of the data, in order to achieve a greater understanding of the associated factors and the care process in which said population is inserted.

This research is relevant for nursing professionals, as it will be a support for the improvement of knowledge essential for the execution of targeted and effective practices in order to scientifically base the clinical practice during nursing care aimed at the promotion, maintenance and recovery of the

Corresponding author: Suellen Viana Lucena, Master in Surgery, Faculty of Medicine, Federal University of Ceará, Fortaleza, CE, Brazil, E-mail: suellenlucena231@yahoo.com

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Woman's health undergoing hysterectomy. The present study aims to analyze the available evidence in the literature on nursing care for women undergoing hysterectomy.

METHOD

This study deals with an integrative literature review, with a qualitative-quantitative approach, whose purpose is to summarize the results of researches on a specific subject, corroborating to a more accurate understanding of the subject to be studied.

For the development of this study, the stages recommended by the literature were carried out such as: delimitation of the theme and formulation of the guiding question; establishment of criteria for selection of publications; definition of the information extracted and categorization of the selected studies; evaluation of selected studies; interpretation of the results and dissemination of the knowledge obtained [6].

The first phase of the review consisted of the delimitation of the topic and the elaboration of the guiding question of the research: What evidence about nursing care for women undergoing hysterectomy?

Subsequently, the search for articles indexed in the Bireme database using the Descriptors in Health Sciences (DeCS) was carried out. The articles were collected through the DeCS: "women", "hysterectomy" and "nursing", combined simultaneously.

By means of Bireme, it is possible to simultaneously consult the databases selected for search of articles, namely: Medical Literature Analysis and Retrieval System On-Line (Medline), Latin American and Caribbean Literature in Health Sciences (LILACS) and Database Nursing Data (BDENF),

In the second phase, it was established as inclusion criteria for the selection of publications: To complete the research article could, be available electronically, be published in Portuguese, English or Spanish languages, contain information pertinent to the guiding question and be an article published between the periods from 1988 to 2013. The bibliographic survey took place from March to April 2016.

In the search, 104 articles were found, of which 95 belonged to MEDLINE, 5 to LILACS, 4 to BDENF. In the following databases 137 were found in Scopus, 97 in CINAHL, 172 in MEDLINE via PUBMED and 2 in Cochrane **(Table 1)**. At the end of the reading of the abstracts from the studies related to the established question to realize the results were identified, the discussion and the final considerations. At the end of the reading of the abstracts to identify if they were related to the established question, 13 were selected for reading in full, of which only 7 were included in the review.

Table 1. Selection of research articles in databases according to established inclusion criteria.

	MEDLINE/ BIREME	MEDLINE/ PUBMED	Lilacs	BDENF	Scopus	Cochrane	CINAHL	Total
Production found	95	172	5	4	108	2	81	467
Does not address the theme of the study	91	152	5	4	93	2	62	409
Repeated	3	16	0	0	15	0	17	51
Total selected	**1**	**4**	**-**	**-**	**-**	**.**	**2**	**7**

Search data

Before the application of the research instrument, a rigorous reading of the articles was done to exclude the works that did not approach the researched subject. In the third phase, an instrument built for integrative review was used for data collection, in order to identify the characteristics of the studies, such as: article title, authors, type of research, database, year of publication, country and level of evidence [7].

The hierarchical classification system of the quality of the evidence of the studies selected for this review. This classification is made in six levels: Level I - evidence resulting from meta-analysis of multiple controlled and randomized studies; Level II - evidence from individual studies with experimental design; Level III - evidence of studies with a near-experimental design, such as a study without randomization with a single pre- and post-test group,

time series or case-control; Level IV - evidence of studies with a non-experimental design, such as descriptive correlational and qualitative research or case studies; Level V - evidence of case reports or data obtained systematically, of verifiable quality or program evaluation data; Level VI - evidence based on the opinion of reputable authorities or expert committee opinions, including interpretations of non-research based information [8].

Next, in the fourth phase, the studies were evaluated for their representativeness, results found and relevance. In the phase concerning the interpretation of the findings, the exploratory, selective and interpretive reading was carried out. In the last step, related to the dissemination of the knowledge synthesized and evaluated in the present review, the results found were described in illustrative tables and discussed later.

RESULTS AND DISCUSSION

The characterization of the articles included in the review with the respective titles of the articles, authors, type of research, database, year of publication, country and level of evidence were set out in **Table 2**.

Table 2. Distribution of the studies included in the integrative review on nursing care for women undergoing hysterectomy. Fortaleza, CE.

Title	Authors	Type of research	Database	Year	Country	Level of evidence
Structured Teaching Programme for Women Undergoing Abdominal Hysterectomy	Mathew	Quasi-experimental	PubMed	2011	India	III
The Effect of Reiki on Pain and Anxiety in Women with Abdominal Hysterectomies a Quasi-experimental Pilot Study	Vitale and O'Connor	Quasi-experimental	PubMed	2006	USA	III
Performance and Ease of Use Evaluation of a New Surgical Post-Operative Foam Island Dressing in 14 Patients Undergoing Elective Gynecological Surgery	Gibson and Stephens	Experimental	PubMed	2013	UK	II
Patient Problems, Advanced Practice Nurse (APN) Interventions, Time and Contacts among Five Patient Groups	Brooten et al.	Clinical trial	PubMed	2003	USA	II
The Effect of Music in the Post Anesthesia Care Unit on Pain Levels in Women who have had Abdominal Hysterectomies	Taylor et al.	Quasi-experimental	Cinahl	1998	USA	III
A Comprehensive Education and Support Program for Women Experiencing Hysterectomies	Dulaney et al.	Experimental	PubMed	1990	USA	III
Effects of Preparation for Mastectomy/Hysterectomy on Women's Post-Operative Self-Care Behaviors	Williams et al.	Randomized Clinical Trial	Cinahl	1988	USA	II

Search data

Analysis and interpretation of the data corroborate the accomplishment of a synthesis of data recorded in the instrument of data collection and discussion of the findings found from the articles [6].

In relation to the year of publication of the articles, there is an increasing number of publications from the year 2000, culminating in a greater number 4 (57.14%) articles. When analyzing the research sites of the 7 selected articles, it is noticed that 7 (100%) were published in other countries, with a majority of them (71.42%) of American origin, showing absence of studies with the focus on the Brazilian reality.

Regarding the level of evidence in the study, there were 4 (57.14%) level III and 3 (42.85%) level II publications, indicating that the publications included in this study have a moderate level of evidence. The articles were analyzed and the nursing care to the women submitted to hysterectomy was categorized according to **Table 3**.

Table 3. Distribution of articles according to the characterization of nursing care to women submitted to hysterectomy. Fortaleza, CE.

Types of Nursing Care	N=7	%
Teaching and health program	3	42,85
Teaching program, procedures, case management and surveillance	1	14,28
Modern dressings	1	14,28
Alternative Therapy	1	14,28
Use of musical resources	1	14,28

Search data

It was found in the integrative review reports of five ways of providing nursing care for women undergoing hysterectomy showed that education and health programs were the most prevalent in promoting care. In the analysis of their articles evidence of absence of scientific production in Brazil, with absence of intervention studies to corroborate with evidence-based nursing practice.

The interventions that were evaluated in nursing care for women submitted to hysterectomy were: teaching, management, surveillance, modern dressings, alternative therapy and the use of musical resources.

A study was carried out in India to evaluate the knowledge of women (n=30) in the postoperative period of abdominal hysterectomy before and after the implementation of a structured teaching program. It was possible to conclude that the program was effective in increasing the knowledge of women with a significant association between variables such as age, schooling, abdominal surgery and previous information [9].

Pre-operative education is an essential element in health care. It is necessary to explain basic aspects in advance about the surgical procedure and associated care in a language accessible to the public. Nurses have the function of educating individuals in the various aspects related to surgical procedures. Such professionals need to develop skills and knowledge in teaching and counseling women undergoing hysterectomy, in order to promote assistance in a rapid establishment of health. Therefore, the curriculum should offer opportunities for academics to be trained in planning and conducting, educating corroborating for better health and counseling to individuals [9].

A quasi-experimental study conducted in the USA aimed to compare the reports of pain and the level of anxiety in two groups of women after abdominal hysterectomy. The experimental group (n=10) received treatment with traditional nursing associated with 30 min of Reiki, while the control group (n=12) received only the traditional nursing care. It was concluded that the experimental group reported less pain, fever and the use of analgesics compared to the control group. The experimental group reported a lower level of anxiety during the 72 h after the surgical procedure [10].

A clinical study in the United Kingdom aimed at evaluating the use of a new dressing for surgical incision in women (n=14) submitted to elective gynecological surgery. The nurses considered it good (100%), with good resistance to shower proof (86%) and easy to remove (79%). No wound infections and adverse events were recorded. It allows greater comfort and better nursing care for women [11].

Clinical trial conducted in the US in order to describe the patient's problems and advanced interventions in nursing practice, with analysis of 333 records, with patients undergoing hysterectomy (n=53) concluded that the essential skills in providing care include actions well developed in the assessment, teaching, counseling, communication, collaboration, knowledge of health behaviors, trading systems and having specific knowledge of the condition of different patient problems [12].

A near-experimental study conducted in the USA aimed at evaluating the effects of music use on the pain level of patients in the immediate postoperative period. They used 3 study groups, women submitted to abdominal hysterectomy

with general anesthesia. It concluded that the measures of variance analysis did not show differences in the level of pain between groups or over time [13].

Randomized clinical trial conducted in the US with the following to evaluate the effects of preparing for mastectomy/hysterectomy in the behavior of self-care of women in the postoperative period and one month after surgery. The sample consisted of 60 women, 30 of whom underwent mastectomy and the other 30 underwent hysterectomy. A teaching program was provided by nurses before and after surgery, self-care was observed during the immediate postoperative period. We conclude that the groups performed self-care activities at home significantly better than uneducated groups [14]. Women who perform hysterectomy need special education and emotional support from the health team in particular of nursing care [15].

CONCLUSION

The findings of this review have drawn attention to the low number or scarcity of Brazilian studies related to the subject in question. The results promote a reflection of the importance of nursing care to women undergoing hysterectomy. The articles evaluated reported on nursing care for women submitted to hysterectomy in the literature. Thus, the integrative review can be considered an effective tool, since it provides the health professional with a scientific basis on the researched topic, basing its practice and improving the care provided to the woman.

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