

Effect of Preoperative Education on Short Term Postoperative Outcomes in Hysterectomy

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ABSTRACT

Background: Women need structured instruction which enables her to prepare physically and mentally to face hysterectomy and its postoperative outcomes.

Methods: A quasi experimental study was conducted among two hundred seventy-nine women admitted for elective hysterectomy in District Tertiary care hospital in Salem, Tamilnadu, India to assess short term postoperative outcomes. Nonprobability Convenience sampling technique allocated the subjects to experimental group and control group. Demographic proforma and flow chart used to note down physiological vital parameters and other parameters. The experimental group received comprehensive preoperative education including postoperative exercises before surgery and control group had routine hospital care. Collected data was analyzed with relevant statistical methods.

Results: There was no significant difference revealed on physiological vital parameters except for inspiratory capacity. Experimental group ambulated earlier, as compared to control group which had statistical significance. Mean length of stay was more in experimental group as compared to control group.

Conclusion: The present findings revealed providing preoperative education was effective to improve inspiratory capacity and to initiate early ambulation in women after hysterectomy which is a simple and cost-effective measure even to prevent postoperative complications.

Keywords: Hysterectomy, Preoperative education, Physiological vital parameters, Ambulation, Length of stay

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