Knowledge On Early Ambulation Among Pre Operative Patients Undergoing Abdominal Surgery

Uma, Sruthi Kamal, Jasmine, Sriramlu

Abstract: The study was conducted among 60 Preoperative patients undergoing abdominal surgery at IGGGH & PGI, Puducherry. The patients were selected by simple random sampling technique. After taking consent, the researchers conducted the study using closed ended questionnaire tool with 27 questions regarding knowledge on early ambulation in post operative period. The study result showed that, out of 60 pre operative patients, the majority 44 patients (73%) had inadequate level of knowledge, 10 patient (17%) had moderate level of knowledge and remaining 6 patients (10%) had adequate knowledge level. The findings showed that the level of knowledge on early ambulation is not associated with the demographic variables. Hence it enlightened the fact that majority of the patient had inadequate knowledge level about early ambulation & does not have any association with the demographic variables.

Indexing terms- Knowledge, early ambulation, preoperative, patients, Abdominal surgery

1. INTRODUCTION

Knowledge means providing information to the preoperative patients regarding early ambulation where the situation going to face during surgery which includes orientation to the post operative setting, OT procedures, preparation for those who undergoing abdominal surgery. Good Early ambulation will have started before the procedure with appropriate counseling and preparation. This preparation will have included an assessment of fitness for the procedure and identification and management of any risk factors. The patients will have been provided with a clear explanation of procedure, the risk benefits and likely outcomes. This involves preoperative, intraoperative and postoperative care. Care given before surgery when physical and psychological preparations are made for the operation, according to the need of individual meant to be preoperative care which is essential in order to prevent the anxiety regarding the surgery. The person's who are going to have surgery is preoperative patients. We going to prepare the patients both physically and mentally to face the surgery without confusion or anxiety during postoperative period.

A technique of early ambulation in which a patient gets out of bed as soon as possible after surgery and engages in light activity (such as sitting, standing, walking) is ambulation. Further postoperatively patients are monitored for fluid balance, drain and catheters care, gut functions. All these done to prevent the complications such as vomiting, pyrexia, wound failure, etc. The art or work of treating diseases, injuries, or deformities by manual or operative procedures is known as surgery. It is the unique experience for the individual. Surgery may be carefully planned and anticipated event in a person's life. It is art done to treat illness. Surgical procedures involves interaction of the patients, a surgeon, the nurse. Abdominal surgeries, broadly covers a surgical procedures that involves opening through the abdomen. This procedures includes the repair, removal, or resection of the esophagus, liver, stomach, spleen, pancreas, gall bladder etc. The prevalence of intraabdominal surgeries among those in age between 40 to 30 years is 43.8% and increase with age, and females found to have a significantly higher rate in male. The major responsibility for preparing the client for surgery generally falls on the staff nurse in the unit. Nurse offers support and explanation, verifies that client has understood information provided by the other health team members and instructs the client in specific to be done postoperatively. Preoperative instructions may be given to the patient alone in a group or both. By giving preoperative teaching on early ambulation don't experience unnecessary distress or suffering will improve patients self confidence and thereby facilitates early postoperative recovery. WHO [2010], globally abdominal surgeries expected to increase 74, 36,000 surgeries in 2010 to 81, 09,000 surgeries in 2020. In seven major countries, 1,66,400 surgeries had done under 15 years, 51, 25,000 in between 45 and 64 and 9, 50,300 surgeries over 65 years of age respectively. From the above studies and reports, it is found that knowledge related to early ambulation among preoperative patients is inadequate. So the researcher is interested to create awareness and knowledge regarding early ambulation to preoperative patients undergoing abdominal surgeries.

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2. OBJECTIVES:
   1. To assess the existing knowledge level on early ambulation among preoperative patients
   2. To associate the knowledge level with selected demographic variable

3. RESEARCH METHODOLOGY
RESEARCH APPROACH: Quantitative research
RESEARCH DESIGN: Descriptive design.
VARIABLES: Knowledge level on early ambulation.

Around 30 preoperative patients from IGGGH & PGI & IGMC & RI, Puducherry, were selected for the study.

<table>
<thead>
<tr>
<th>LEVELS</th>
<th>KNOWLEDGE LIMIT</th>
<th>PERCENTAGE</th>
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</thead>
<tbody>
<tr>
<td>INADEQUATE</td>
<td>1-9</td>
<td>4%</td>
</tr>
<tr>
<td>MODERATE</td>
<td>10-18</td>
<td>73%</td>
</tr>
<tr>
<td>ADEQUATE</td>
<td>19-27</td>
<td>13%</td>
</tr>
</tbody>
</table>

Major findings of this study are discussed as follows,

- Majority of preoperative patients falls under the age group of above 50 age of years [50%]
- Majority of preoperative patients were male patients [57%].
- Most [83%] of them were married.
- Majority [57%] of the preoperative patients underwent up to school education.
- Most of the preoperative patients [44%] income was between Rs. 5000 to 10,000.
- Most of the preoperative patient’s occupation were private job [46%]
- A large amount of the preoperative patient’s was non-vegetarian [67%]
- Most [80%] of the patient’s lead moderate lifestyle.
- Majority of the preoperative patient’s [57%] had previous surgical experience.
- Majority of the preoperative patient’s [100%] stayed in hospital between 1 to 15 days.

The study result exhibits that, many pre-operative patient 44 patients (73%) had inadequate level of knowledge, 10 patient (17%) had moderate level of knowledge and remaining 6 patients (10%) had adequate knowledge level regarding early ambulation. The study result showed no significant association between the knowledge level with selected demographic variable regarding early ambulation. Results highlights that among 30 samples, 73 % of preoperative patients having inadequate knowledge regarding early ambulation, 17% of patient had moderate knowledge and 10% of preoperative patients having adequate knowledge regarding early ambulation.

5. CONCLUSION:
The study result concluded that the knowledge level regarding early ambulation among preoperative patients was at inadequate level [73%]. The findings of the study revealed that educational interventional was needed to increase the knowledge level among pre-operative patients regarding early ambulation. So awareness to be given regarding post-operative care to reduce complication there by it improves the health status of the individual.

6. ACKNOWLEDGMENTS
The researcher would like to extend her sincere thanks to Dr. Sruthi kamal, Research guide, HOD of surgery, Saveetha medical college and hospital, Dr. J. Jasmine, Professor, Mother Theresa Post Graduate and Research Institute of Helth Sciences, Puducherry and Dr. Sriramlu, HOD, Dept. of surgery, Indira Gandhi Govt. General Hospital and Post Graduate Institute, Puducherry.

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