

ORIGINAL PAPER

Effects of Drains on Pain, Comfort and Anxiety in Patients Undergone Surgery

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Abstract

Background: Surgical drains negatively affect patients' comfort, cause anxiety along with pain, as they are used to promote healing after surgery.

Purpose: This study aimed to determine pain, comfort and anxiety levels of patients with drains postoperatively.

Methodology: Research was performed with 192 patients undergone abdominal, neck, breast and open heart surgery and had surgical and underwater chest drains at the postoperative period. Patient Information Form, Numerical Pain Scale, General Comfort Questionnaire and Trait Anxiety Scale was used for collection of data. In evaluating the data, we used the t-test, variance and correlation analysis, mean, percentage and frequency.

Results: The patients' mean score of pain was 4.67 ± 2.93 , comfort was 2.75 ± 0.29 and anxiety was 39.31 ± 9.21 . It was found statistically significant that the comfort level decreases as the pain level increases and that the patients undergone open heart surgery and with underwater chest drains have higher pain levels. It was found statistically significant that, comfort level in patients undergone abdominal or cardiac surgery is lower than patients undergone breast or neck surgery, and that the comfort level decreases as the duration of drains increases. The increasing state anxiety while pain increases and comfort decreases was found statistically significant.

Conclusions: Surgeries and drains applied after these procedures decrease the comfort level of the patients as increases the pain level. Also, pain and discomfort increase the patients' anxiety. Nurses who providing care to these patients are suggested to improve measures about pain and anxiety reduction for maintaining of comfort.

Key Words: Anxiety, Comfort, Drainage, Nursing Care, Pain.