

Abstract

Original Article

## Pain Level, Influencing Factors and Applied Nursing Interventions in Patients Undergoing GI Surgery

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### Abstract

**Background:** Pain has been reported as one of the primary sources of concern for surgery patients, and post-operative pain is still an important clinical problem although major advances in pain management and treatment have been made.

**Objective:** The aim of this study was determined to pain level and influencing factors in patients undergoing GI (Gastro Intestinal) surgery and nursing interventions related to pain management.

**Methods:** This descriptive study was performed between January 13 and April 25, 2011.

The study was conducted in the general surgery clinic of University hospital in Samsun, Turkey. One hundred twenty six patients (59 males, 67 females; mean age  $51 \pm 11.6$  years; range 21 to 65 years) who had undergone general surgery were included in the study. The patient data was collected using Personal Information Form and Visual Analogue Scale (VAS) postoperatively.

**Results:** It was determined that all of the patients were experienced moderate level of pain according to VAS ( $6.19 \pm 2.18$ ) felt. It was determined that the patients were felt 15.1% mild, 31.7% medium, 53.2% the severe pain. It was found significant differences between scale scores and diagnose types, education level of the patients ( $p < 0.05$ ). However it was not found significant differences between pain level and gender, marital status, live with family or alone, have an operation in the past, chronic illness, get training about pain ( $p > 0.05$ ). It was found that nurses were the most common applied painkillers treatment (46%), monitoring of vital signs (42.1%), observing of drug side effects (31.7%) in patients with pain.

**Conclusion:** This study was showed that the patients were experienced severe pain the early period after abdominal surgery and that frequency of non-pharmacological nursing interventions were very few.

**Key Words:** Pain, postoperative pain, Nursing, Care