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Research article *Medical research*

A study to assess the postoperative nursing care in Orotta Medical Surgical National Referral Hospital from March - June 2013 Asmara, Eritrea.

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ABSTRACT

In the postoperative period, considerable effort is directed toward anticipation and prevention of problems. Patients undergoing surgery expected to have high quality of health care, and nurses play a significant role in the process together with other health care providers.

The Aim and objectives

Of the study were: to assess the postoperative nursing care, demographic variables and equipment' check list in Orotta national referral hospital, Asmara.

Method

The research design was, *descriptive cross sectional study* design, 35 staff members of surgical wards have been collected as samples by convenience sampling technique. The data was collected by using structured self administered questionnaire and observational check list. Collected data has been analyzed with the help of SPSS software. The postoperative nursing care was assessed in five aspects such as: vital signs, positioning & ambulation, fluid balance, pain & wound care and health education regarding nutritional & discharge advice and psychological support management.

Results

The results showed that the majority of the samples (74.3%) were rated in the moderately adequate level of knowledge on practice of postoperative nursing care that they deliver for their patients during their nursing care practicing while some (22.9%) were rated in the adequate level of knowledge on practice and few (2.9%) were rated in an inadequate level of knowledge on practice

Conclusion

There were less short comings in the nursing care that can be improved by continuous training and courses and in the observational check list of equipment's even though most are available, adequate & working in good condition there is some limitation. In order to improve the quality of nursing care given to the post operative patients, some recommendations are made by the researchers.

Keywords: Post Operative, Post Operative nursing care, Knowledge, Practice.

BACKGROUND

High-quality care is the right of all patients and it has the responsibility of all nurses.it could be defined as care that is provided according to hospital standards and job requirements. Patients undergoing surgery expected to have high quality of health care, and nurses play a significant role in the process together with other health care providers [1]

During the postoperative period the nursing process is directed towards the Re-establishment of the patient's physiologic equilibrium, alleviation of pain and prevention of complications. Care full assessment & immediate intervention assist patient in returning to optimal function quickly, safely and as comfortable as possible.

Considerable effort is directed toward anticipation and prevention of problems in the postoperative period .Prompt assessment prevents complications that prolong hospital stay or endanger the patient. In this regard, the nursing care of the patient after surgery is equal in importance to the operation itself. (Brunner& Sudarths 1999) [2-7].

Recent statistics indicate that worldwide almost 234 million major surgical procedures are performed each year. This translates into 1 for every 25 people in the world. Majority of the patients who undergo the procedure get well and go home however major complications ranges from 3% to 16% and rates of permanent disability or death range from 0.4% to 0.8 %.(Healey MA 2002) [8]

Therefore, as nursing care is one of the most important contribution in preventing postoperative complications, study on the assessment of postoperative nursing care is very help full for the hospital to follow the standard protocols on postoperative nursing care in order to develop high quality of care on postoperative patients [9-10].

General Objective

- To assess the postoperative nursing care in OMSNRH.

Specific objectives

- To assess demographic variables
- To assess post-operative Nursing care (wound care, vital signs, position & exercise, Fluid and electrolyte balance, Pain & health education).
- To assess the Condition, adequacy & availability of equipment

METHODOLOGY

A descriptive, cross sectional survey design was used. This study has been carried out in surgical wards of Orotta National Referral Hospital, Asmara. A convenient sampling technique used to select 35 nurses who met the inclusion criteria. A self-administered questionnaire and observational check list of equipment used for data collection. Data was entered and analyzed using Microsoft excel and statistical package for the social science (SPSS V18) [11-15].

RESULTS

Data analysis was done into 3 parts

- **part I :** the demographic data is presented and analyzed,
- **Part II**: the questions regarding the level of nursing practice are presented and analyzed,
- **Part III**: the observational check list of equipment are presented and analyzed.

Part I

Table: 1 Frequency & percentage distribution of demographic variables

n =35

S.No	Demographic variables	Frequency (f)	Percentage (%)
1	**Age**		
	20 -25years	18	51.4%
	26 – 30 years	9	25.7%
	31 – 35 years	3	8.6%
	Above 35 years	5	14.3%
2	**Gender**		
	Male	4	11.4%

	Female	31	88.6%
3	**Educational level**		
	certificate	18	51.4%
	diploma	15	42.9%
	degree	2	5.7%
4	**Wards**		
	RR	10	28.6%
	SA1	12	34.3%
	SA2	13	37.1%
5	**Work experience**		
	6month-2yrs	8	22.9%
	>2yrs- <5yrs	17	48.6%
	>5yrs	10	28.6%

Part II: A. Frequency and percentage distribution of level of knowledge on practice

Table: 2 frequency & percentage distribution for the level of knowledge practice of the staff nurses

n=35

Level of practice	Frequency	Percentage
Adequate	8	22.9
Moderately adequate	26	74.3
Inadequate	1	2.9

Table: 2 shows that majority of them [26(74.3%)] had moderately adequate level of knowledge on practice, 8(22.9) of them had adequate level of practice, only 1(2.9%) had inadequate level of knowledge on practice

Table -3 Frequency & percentage distribution of level of practice on vital sign

n=35

Level of practice	Frequency	Percentage
Adequate	5	14.3
Moderately adequate	18	51.4
Inadequate	12	34.3

Table 3 shows majority [18(51.4%)] of them had moderately adequate level of knowledge on practice, 12(34.3%) had inadequate level of knowledge on practice while the remaining 5(14.3%) had adequate level of knowledge on practice

Table -4 frequency & percentage distribution of level of knowledge on practice on position & exercise

n=35

Level of knowledge on practice	Frequency	Percentage
Adequate	28	80
Moderately adequate	7	20
Inadequate	0	0

Table -4 shows regarding the position & exercise, majority [28(80%)] of them had adequate level of knowledge on practice, 7(20%) had moderately adequate level of knowledge on practice.

Table -5 frequency & percentage distribution of level of practice on fluid balance

n=35

Level of practice	Frequency	Percentage
Adequate	12	34.3
Moderately adequate	20	57.1
Inadequate	3	8.6

Table -5 shows regarding the fluid balance, majority [20(57.1%)] of them had moderately adequate level of practice, 12(34.3%) had adequate level of practice and the remaining 3(8.6%) had inadequate level of practice

Table-6 frequency & percentage distribution of level ofknowledge on practice regarding pain &wound care

n=35

Level of knowledge on practice	Frequency	Percentage
Adequate	20	57.1
Moderately adequate	9	25.7
Inadequate	6	17.1

Table -6 shows regarding the pain & wound care majority [20(57.1%)] of them had adequate level of knowledge on practice, 9(25.7%) had moderately adequate level of knowledge on practice and the remaining 6(17.1%) had inadequate level of knowledge on practice.

Table-7 frequency & percentage distribution of level of practice regarding health education

n=35

Level of practice	Frequency	Parentage
Adequate	15	42.9
Moderately adequate	18	51.4
Inadequate	2	5.7

PART III: OBSERVATIONAL CHECK LIST (FOR EQUIPMENT)

Table-8: Observational check list of equipment for RR (Recovery Room)

Equipment	Availability		Adequacy		Conditions	
	Yes	No	Adequate	Inadequate	Good	Bad
Thermometer	☻			☻	☻	
BP apparatus	☻			☻		☻
Pulse oximetry	☻		☻		☻	
IV stand	☻		☻		☻	
IV set	☻		☻		☻	
Beds & linen	☻			☻		☻
Urine bags	☻		☻		☻	
Catheter tube	☻		☻		☻	
Syringes& needles	☻		☻		☻	
NG tube	☻		☻		☻	
Suction machine	☻			☻	☻	
Oxygen cylinder	☻			☻	☻	
Dressing sets	☻		☻		☻	
Bed bath equipment	☻			☻	☻	
I/O monitoring chart	☻		☻		☻	
Enema equipment	☻		☻		☻	

Table: 8 shows the equipment check list of RR . All equipment's are available and most of them are also adequate except V/S equipment. There are only two thermometer, one BP apparatus and six beds & linens, which are inadequate. Regarding the functioning of the equipment most are working well except BP apparatus and linens are not in good condition.

Table-9: Observational Check List (For Equipment) In Sa1(Surgical)

Equipment	Availability		Adequacy		Conditions	
	Yes	No	Adequate	Inadequate	Good	Bad
Thermometer	☻		☻		☻	
BP apparatus	☻		☻		☻	
Pulse oximetry	☻			☻		☻
IV stand	☻		☻		☻	
IV set	☻		☻		☻	
Beds & linen	☻		☻		☻	
Urine bags	☻		☻		☻	
Catheter tube	☻		☻		☻	
Syringes& needles	☻		☻		☻	
NG tube	☻		☻		☻	
Suction machine	☻			☻	☻	
Oxygen cylinder	☻		☻		☻	
Dressing sets	☻		☻		☻	
Bed bath equipment	☻		☻		☻	
I/O monitoring chart	☻		☻		☻	
Enema equipment	☻		☻		☻	

Table:9 shows the equipment check list of SA1 ward. All equipment's are available and most of them are adequate and functioning well except pulse oximetry.

Table-10: Observational Check List (For Equipment) IN SA2

Equipment	Availability		Adequacy		Conditions	
	Yes	No	Adequate	Inadequate	Good	Bad
Thermometer	☻		☻		☻	
BP apparatus	☻		☻		☻	
Pulse oximetry	☻		☻		☻	
IV stand	☻		☻		☻	
IV set	☻		☻		☻	
Beds & linen	☻			☻		☻
Urine bags	☻		☻		☻	
Catheter tube	☻		☻		☻	
Syringes& needles	☻		☻		☻	
NG tube	☻		☻		☻	
Suction machine		☻				
Oxygen cylinder	☻		☻			☻
Dressing sets	☻		☻		☻	
Bed bath equipment	☻		☻		☻	
I/O monitoring chart	☻			☻	☻	
Enema equipment	☻			☻		☻

Table:10 shows the equipment check list of SA2 ward. Most of the equipment are available except suction machine and most of them are adequate in numbers except bed linens. Regarding the

functioning of the equipment, most are in good condition except the bed linens & oxygen cylinders.

The major findings are summarized as follows

- ✓ Most of the staff nurses (88.6%) were females.
- ✓ Most of the staff nurses (51.4%) were in age group of 20-25 years.
- ✓ Most of them are (51.4%) had certificate nurses.
- ✓ Most of the staff nurses (48.8%) had work experience of >2-5years.
- ✓ Generally form the total score, the highest percentage (74.3%) of the samples had moderate level of knowledge on practice.
- ✓ Regarding the vital sign questions highest percentage (51.4%) of the samples had moderate level of knowledge on practice.
- ✓ Regarding position & exercise highest percentage (80%) of the samples had adequate level of knowledge on practice.
- ✓ Regarding fluid balance questions highest percentage (57.1%) of samples had moderate level of knowledge on practice.
- ✓ Regarding pain & wound care practice questions the highest percentage (51.7%) had adequate level of knowledge on practice.
- ✓ Regarding health education practice questions majority(51.4%) of the samples had moderate level of knowledge on practice.
- ✓ Regarding observational check list of equipment almost all of the equipment are available, adequate and working in a good condition but BP apparatus and thermometer were inadequate in RR, pulse oximetry was not working in a good condition in SA1 and there is no suction machine in SA2 and also bed linen was inadequate & not working in a good condition in all the wards.

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