

EFFECTIVENESS OF GUIDED IMAGERY ON PAIN AND ITS ASSOCIATED BEHAV- IOURAL CHANGES AMONG POST ABDOMINAL SURGERY CLIENTS

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Introduction

Pain is much more than a physical sensation caused by a specific stimulus.

Caregivers should include assessment of pain as a fifth vital sign to emphasize its significance and to increase the awareness among the healthcare professionals of the importance of effective pain management.

Guided Imagery teaches to use our imagination to reduce stress, relieve pain and stimulate healing responses in our body. It can be a powerful tool in helping persons to lessen their pain and stress, take a more active role in their treatment and regain a feeling of control

Need for the Study

Pain is the major problem in the postoperative period. The degree and severity of postoperative pain depends on the physiologic and psychological makeup of the person, the

subsequent tolerance level, the incision site, the nature of the operation, the extent of the surgical trauma and the type of the anesthetic agent used. Postoperative pain is characterized by sharp, stabbing and shooting. Unrelieved postoperative pain can affect the pulmonary, cardiovascular, gastrointestinal, endocrine and immune systems. Koziar Bacclare (1995)

Statement of the Problem

A study to assess the effectiveness of Guided Imagery on Pain and its associated behavioral changes among Post Abdominal Surgery Clients at A.J. Hospital, Kanyakumari.

Objectives of the Study

¢ To assess the level of Pain and its associated behavioral changes among Post Abdominal Surgery Clients before and after Guided Imagery.

¢ To assess the effectiveness of

Guided Imagery on Pain and its associated behavioral changes among Post Abdominal Surgery Clients.

¢ To find out the association between the Pain and its associated behavioral changes among Post Abdominal Surgery Clients with their demographic variables.

Hypotheses

H1: There will be a significant difference between the mean pre and post test level of Pain and its associated behavioral changes among Post Abdominal Surgery Clients.

H2: There will be a significant association between the level of Pain and its

associated behavioral changes among Post Abdominal Surgery Clients with their demographic variables.

Review of Literature

¢ Studies related to effectiveness of Guided Imagery on pain.

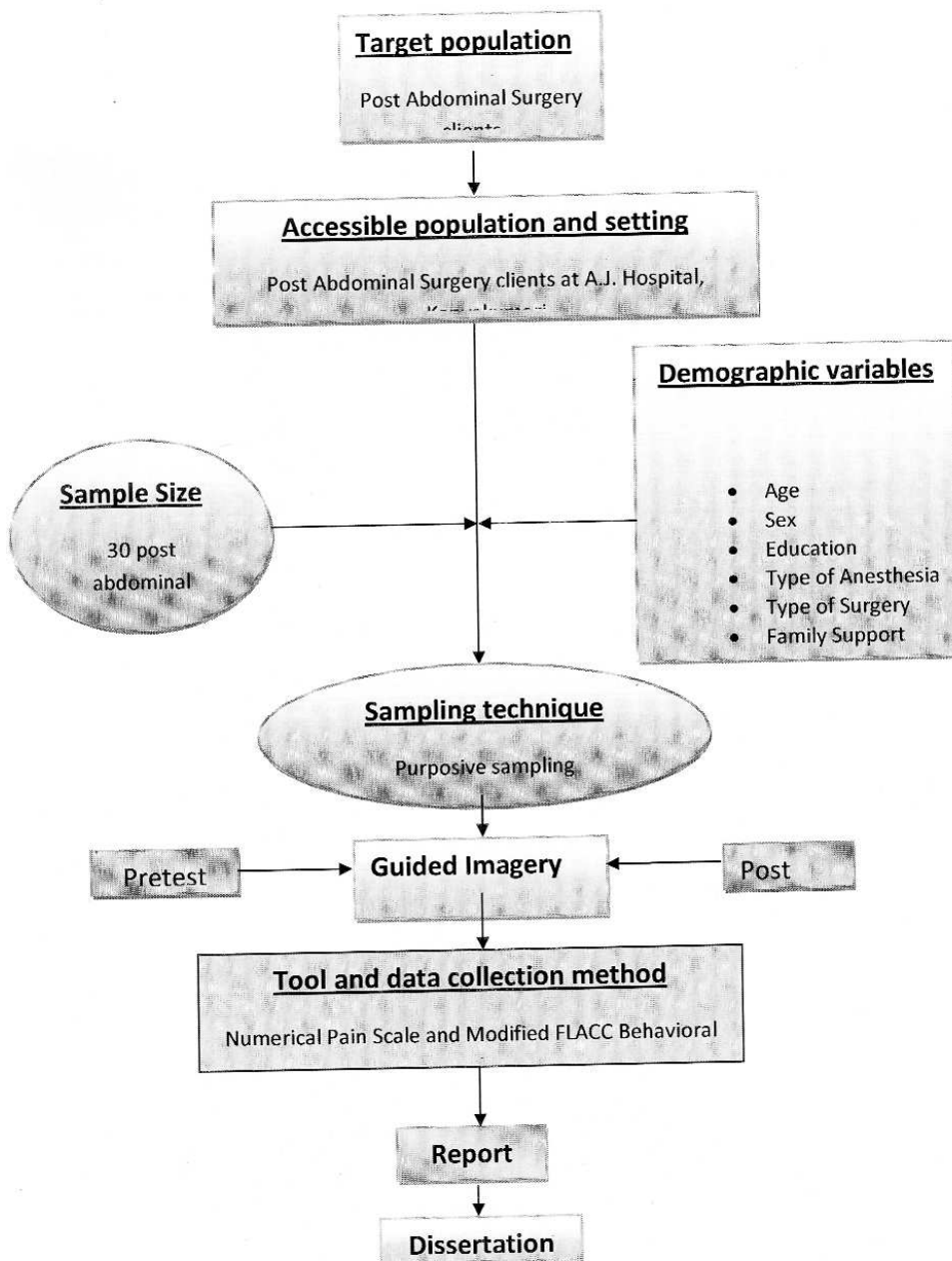
¢ Studies related to effectiveness of Guided Imagery on pain among abdominal surgery clients.

¢ Studies related to behavioral changes associated with pain.

¢ Studies related to pain among post abdominal surgery clients

Research Methodology

Research Methodology



Pilot study

The pilot study is a trial run for the major study. The refined tools were used for the pilot study to test feasibility. The pilot study was conducted at Dr. Kumaraswami Health Centre. The study was conducted after obtaining formal permission from the Principal and research committee, Ellen College of Nursing. Formal consent was obtained from the participants for collecting the data. The study was conducted from 10/12/12 to 22/12/12. Total sample size was 30 which consist of one tenth of the total sample size. In Pilot study the obtained 't' values of level of pain and its associated behavioral changes were 5.47 and 6.92 which were significant, $P < 0.05$. The results of the pilot study showed that the study was feasible and practical. The samples of the pilot study were not included in the main study.

Major Findings of the Study

1. Among 30 Post abdominal surgery clients, majority of them belong to 20-30years, female, secondary education, Spinal anesthesia, Laparoscopic surgery and Presence of family support.
2. Regarding level of pain, most of the patients in pre-test had severe pain and most of them had moderate pain in post-test; regarding behavioral changes most of the patients in pre-test had severe behavioral changes and most of them had moderate behavioral changes in post-test.

3. With regard to effectiveness of Guided Imagery on pain and its associated behavioral changes among post abdominal surgery clients, the result showed that Guide Imagery was effective among post abdominal surgery clients. The obtained 't' values were significant, $P < 0.05$. It implies that there was a greater effect of Guided Imagery on pain and its associated behavioral changes among post abdominal surgery clients.

4. Regarding association between the level of pain of patients with their selected demographic variables, the results revealed that there was significant association only between the level of pain of patients with their sex, $P < 0.05$. There was no association between the age, education, type of anesthesia, type of surgery and family support. Also there was no significant association between the level of behavioral changes with the demographic variables, $P > 0.05$.

Recommendations

- ∅ The study can be replicated with large sample size.
- ∅ A study can be conducted to assess the attitude and practice among nurses.
- ∅ A comparative study can be conducted between the post abdominal surgery patients and other surgery patients.
- ∅ A comparative study can be conducted between the males and female
