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Effect of Early Nurse-Led Interventions on Postoperative Recovery Outcomes among the Patients Underwent Upper Abdominal Surgery in A Tertiary Care Hospital, South India. A Randomized Control Trial

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Introduction

Abdominal surgery being one of the major surgeries performed involves an incision into the abdomen and encompasses a wide variety of surgeries. Anatomically, these surgeries are broadly classified as upper and lower abdominal surgery where upper abdominal surgeries are more complex and involves higher risk of postoperative complications.¹ Many patients while anticipating surgery experience fear and anxiety, and they tend to associate surgery with pain, possible disfigurement, dependence and perhaps even loss of life.² All these factors can affect their postoperative performance level and recovery. Patient education, pain management and chest physiotherapy have been significant factors hastening postoperative recovery and preventing postoperative complications.³ Pain has always been a primary factor associated with any type of surgery be it; pre-operatively or post operatively which is followed by anxiety for the surgery.⁴ The function of respiratory system is invariably affected during and after the abdominal surgery. The closer the operation is to the diaphragm as in upper abdominal surgeries the more likely is the chance of developing postoperative pulmonary complications.⁵

Caring for perioperative patient is a challenging and gratifying specialty. But over the last twenty years, dedicated researchers and practitioners have made tremendous advances in surgical intervention and post-operative care through various treatment modalities and approaches. Hence this study we aimed to evaluate the effect of early nurse-led interventions on the postoperative recovery outcomes among patients underwent upper abdominal surgery.