

Thesis Title Pain Perception and Pain Relief Measures in
 Postoperative Patients with Abdominal Surgery
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Date of Graduation 1 April B.E. 2535 (1992)

Abstract

The purpose of this study was to describe pain perception and pain relief measures in the first three post-operative day. The Gate Control Theory was used as a theoretical framework to guide the study. The purposive sample was 100 patients undergoing major abdominal operations at Ramathibodi Hospital. The Brief Pain Inventory and the Pain Relief Measures Questionnaire were administered to the patients.

The study found that pain intensity was most severe in the first operative day. Daily life which was disturbed the most by pain during postoperative periods were walking, general activity and enjoyment. Pain in the operative site were most at both deep and superficial areas. Half of the samples reported pain sensation in other area outside the operative site. The first four most frequently described characteristics of pain were tender, shooting, throbbing and aching. Most patients perceived that the factors increasing the pain intensity were changing position, coughing and lying in bed for a long

time, and the factor decreasing pain was analgesic drugs. Measure to relieve pain reported used most often by the patients was repositioning for more comfortable. Whereas physicians often used pain relief measure by paying attention to patients' pain. For the nurses, helping the patients to perform activities of daily living while the patients were in pain was used most often as perceived by the patients. Ninety six percent (96%) of the patients in this study received analgesic drug on the first postoperative day with 1-3 doses, 58% on the second postoperative day with 1-2 doses and 47% on the third postoperative day with one dose. Duration of analgesic reaction was last within 4 hours, and the effectiveness of pain relief was at moderate level each day. The most satisfying measures to relieve pain as perceived by the patients were : receiving analgesic drugs; being cared for and receiving information from the health team. Patients reported moderately to highly satisfaction with postoperative pain care.