

Thesis Title Effects of Promoting Patients' Participation in Self-Care on Anxiety, Personal Control and Postoperative Recovery

Name Watcharee Glinfuang

Degree Master of Science (Nursing)

Thesis Supervisory Committee

 Yauwaluk Lauhachinda, B.Sc.(Nursing), M.Ed.

 Somporn Chinnoros, B.Sc.(Nursing), M.S.

Date of Graduation 29 April B.E. 2535 (1992)

ABSTRACT

The purpose of this research was to test the effects of promoting patients' participation in Self-Care on anxiety level, personal control and postoperative recovery. A sample of 79 adult patients with hysterectomy and salphingo-oophorectomy was obtained from department of Obstetric and Gynecology, Ramathibodi Hospital, Faculty of Medicine. The subjects were randomly assigned, each week to either a control (n = 41) or an experimental (n = 38) group. Subjects in both groups received the usual care provided in the setting but the experimental group received the intervention designed to promote participation in self-care in addition. The intervention program consisted of video-tape to provide information regarding what to expect and self-care behaviors post-operatively. Furthermore, during the first three post-operative days, the experimental subjects were followed

up by the investigator to determine their self-care deficits and used the appropriate method ; guiding, supporting or providing a developmental environment to promote patients' self-care performance.

The results of the study showed that patients in the experimental group had significantly more personal control ($p < .001$), less pain sensation and distress, fewer analgesics used on the second and third postoperative day than for the control group ($p < .05, .01, .05$, respectively). Patients in the experimental group ambulated more frequently on the first and second postoperative day than patients in the control group ($p < .01, .05$, respectively). In addition on the second postoperative day experimental group ambulated longer distance than the control group ($p < .01$). Furthermore, patients in the experimental group had fewer postoperative complication and shorter length of hospitalization than patients in the control group ($p < .01, .05$, respectively). However, for anxiety level, there was no significant different between the two groups on the morning before surgery.