

Thesis Title The Effect of Warm Water Gargling on Pain Relief
 in Post-Endotracheal Extubated Patients

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Abstract

The purpose of this quasi-experimental research was to study the effect of warm water gargling on pain relief and the duration of pain in post-endotracheal extubated patients. The purposive sampling was used to select 40 patients who had endotracheal extubation. The subjects were divided into two groups, the control group (n=20) did not gargle with warm water and the experimental group (n=20) gargled with warm water. Subjects in both groups received nursing care at Intensive Care Units of Surgical, Medical and Traumatic patients, Coronary Care Unit and Medical wards of Pramongkutklao Hospital. The intensity of pain was measured by Visual Analogue Scale. The data was analyzed by using Chi-square, t-test, median test and analysis of covariance.

Results of the study revealed that the pain scores of experimental group was less than the control group statistically significant at $p < .001$. The duration of pain in the experimental group was less than the control group statistically significant at $p < .05$.

This study showed that the effective of warm water could have pain relief in post-endotracheal extubated patients. The suggestion for an application of this study, the limitation and furthur studies were recomended.