

Thesis Title Effect of Starting Shoulder Exercise at Different Time on Wound Discharge and Pain in Postoperative Mastectomy Patient

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Abstract

Shoulder exercise in post-mastectomy patient is considered to be a significant activity among health care personnel. Health care providers try to motivate the patients to start shoulder exercise promptly after the surgery, which may result in the patient's discomfort and surgery wound trauma. The purpose of this study was to compare the effect of shoulder exercises starting on the 4th day after surgery to those starting on the 8th day among modified radical mastectomy patients. The amount of wound discharge and degree of pain were compared as dependent variables. The purposive sample comprised of 60 patients who underwent a modified radical mastectomy at Rajivitha hospital and National Cancer Institute since July up to November 1993. The sample was divided into two groups; the experimental and the control groups. The method of exercise proposed by The National Cancer

Institute exercise program was used as a treatment. The matched-pair subject was measured by using Johnson's pain scale before and after exercise. The data were analyzed by using independent t-test with SPSS-PC program. The results revealed no statistically significant difference in wound discharge ($p > .05$) between the experimental and the control group. However, the degree of pain was statistically significant different between the two groups ($p < .01$).

As the result of the study, it is suggested that the patients could expect to begin shoulder exercise about seven days after mastectomy. Further study should focus on the lymphedema and shoulder stiffness in the patients who start shoulder exercise on the 8th day after surgery.