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PATIENTS WITH CARDIOVASCULAR THORACIC SURGERY BY
MEDIAN STERNOTOMY

SUDKANYA PHATTAWEE : PAIN EXPERIENCE AND PAIN MANAGEMENT
IN POSTOPERATIVE PATIENTS WITH CARDIOVASCULAR THORACIC SURGERY BY
MEDIAN STERNOTOMY. THESIS ADVISOR : SOMPORN CHINNOROS. B.Sc.
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The purposes of this descriptive study are a) examining pain intensity in the first three postoperative days; b) identifying pain management by physicians, nurses and patients themselves; c) examining pain interfering with the patients' functional abilities; d) assessing the relationship between worst pain and interference with functional abilities; and e) measuring patients' satisfaction with postoperative pain management by physicians, nurses and the over-all medical profession. Purposive sampling was used to select 100 patients who underwent cardiovascular thoracic surgery by median sternotomy incision at Ramathibodi Hospital, Rajvithi Hospital, Chulalongkorn Hospital and Central Chest Hospital. The instrument used for data collection was the questionnaire for demographic data and pain assessment developed by Detroit Medical Center and Wayne State University.

The study found that pain intensity was most severe in the second operative day. The mean average of worst pain was at a moderate level ($M = 6.82$, $SD = 2.167$, range = 2-10). The pain management used most often by the patients was deep slow breathing, whereas physicians and nurses often used pain management by paying attention to patients' pain. Most of the patients received 4-5 dose/day of an analgesic drug. The effectiveness of pain relief was at a moderate level. The functional abilities interfered with most often by pain during postoperative periods were coughing and deep breathing, and there was a positive significant correlation between worst pain and interference with mood ($r = 0.43$ $p < .01$), coughing and deep breathing ($r = 0.34$ $p < .01$), ability to move ($r = 0.29$ $p < .01$) and sleeping ($r = 0.26$ $p < .01$). Patients reported high satisfaction with postoperative pain management by physicians, nurses and the over-all medical profession.