

3836951RAAN / M: MAJOR: ADULT NURSING; M.N.S. (ADULT NURSING)

KEY WORD: PATIENTS' PARTICIPATION / SELF-CARE / POSTOPERATIVE RECOVERY / SATISFACTION WITH CARE

SOMMAI VANAVANANT: EFFECTS OF PROMOTING PATIENTS' PARTICIPATION IN SELF-CARE ON POSTOPERATIVE RECOVERY FROM SPINE SURGERY AND SATISFACTION WITH CARE. THESIS ADVISOR: YAUWALUK LAUHACHINDA, B.Sc. (NURSING), M.Ed. (NURSING ADMINISTRATION), WIWAT WACHANAWISIT, M.D., Thai.Board of Ortho. 114 p. ISBN 974-589-237-8

Patients with postoperative spine surgery have high self-care limitation and require special self-care on postoperative recovery. The purpose of this quasi-experimental research was to compare the effects of promoting patients' participation in self-care on postoperative recovery from spine surgery and satisfaction with care received. The Orem's theory of self-care was used as the conceptual framework for this study. Purposive sampling was used to select 60 subjects admitted for selective spine surgery at Ramathibodi Hospital. The subjects were systematically randomly assigned into experimental (n=30) and control (n=30) groups. The intervention program consisted of swopt-pictures and manual to provide information regarding what to expect and self-care behaviors postoperatively. Futhermore, during postoperate days, the experimental subjects were followed up by the investigator to determine their self-care deficits and used the appropriate method; guiding, supporting on providing a developmental environment to promote patients' self-care performance.

Results of the study revealed that the patients in the experimental group had significantly ($p < .01$ and $.05$) fewer numbers of analgesic used on the first postoperative day, fewer days of the first postoperative ambulation and fewer complications, more ambulation times on the second postoperative ambulation day, more distance of ambulation on the first and second postoperative ambulation day and higher satisfaction with care received than patients in the control group. However, no significant ($p > .05$) difference was found between the two groups for pain sensation and distress on the first, second, and third postoperative day, the number of analgesic used on the second and third postoperative day, and ambulation times on the first postoperative ambulation day. Results of the study can be used as information and guideline for orthopaedic nurses who work with the patients pre-postoperative surgery.