

A study on the effect of systematic nursing for patients with hysteromyoma undergoing laparoscopic surgery

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Abstract. Purpose: To evaluate the nursing effect and value of systematic nursing intervention in patients with hysteromyoma undergoing laparoscopic surgery. Methods: 80 patients with hysteromyoma undergoing laparoscopic surgery were selected and divided into groups according to the time of visit. The test group was given systematic nursing intervention, and the control group was given routine nursing intervention. The time to recover passage of gas by anus after operation, the time to resume off-bed activity after operation, and the statistical rate of postoperative complications were compared between the two groups. The scores of various fields in the core questionnaire on quality of life (QLQ-C30) of the two groups before and after the nursing intervention were studied. Results: The time to recover passage of gas by anus after operation and the time to resume off-bed activity after operation in the test group were shorter than those in the control group; the statistical rate of postoperative complications in the test group was lower than that in the control group; after the intervention, the scores of the core questionnaire on quality of life (QLQ-C30) of the two groups were improved, and the improvement degree of the test group was better than that of the control group; the difference was statistically significant ($P < 0.05$). Conclusion: Systematic nursing intervention for patients with hysteromyoma undergoing laparoscopic surgery can help them recover as soon as possible, reduce postoperative complications, and improve their quality of life.

Keywords. Systematic nursing intervention, hysteromyoma, laparoscopic surgery, complication.

Laparoscopic surgery is a commonly used surgical method for patients with hysteromyoma, which can effectively control the patient's condition. However, some patients will suffer postoperative complications, affecting their postoperative recovery [1]. Therefore, it is very important to give active nursing intervention to patients with hysteromyoma undergoing laparoscopic surgery. In this paper, 80 patients with hysteromyoma undergoing laparoscopic surgery were included in the study to explore the effects of systematic nursing intervention on postoperative rehabilitation and complications of patients with hysteromyoma undergoing laparoscopic surgery.

1. Data and methods

1.1. General data

80 patients with hysteromyoma undergoing laparoscopic surgery treated by Luoyang Maternal and Child Health Hospital were included in the project data. The sampling time was from April 2017 to April 2018. The patients treated before October 2017 were set as the control group, and the patients treated afterwards were set as the test group, with 40 patients in each group. Control group: 32~54 years old, with an average age of (42.63 ± 4.25) years; Test group: 33~53 years old, with an average age of (42.66 ± 4.27) years. There was no statistically significant difference between the two groups in terms of the above indicators ($P > 0.05$).

1.2. Methods

The control group was given routine nursing intervention measures. The test group was given systematic nursing intervention measures: nursing staff with rich nursing experience and strong communication ability were selected to establish a systematic nursing team. The team members were trained regularly, the training contents mainly included the formulation of nursing measures, the writing of clinical nursing forms, and the improvement of nursing skills. After the patients were admitted, the team would scientifically evaluate the actual conditions of the patients, implement dynamic nursing strategies, and formulate standard nursing plans, including preoperative nursing, intraoperative nursing, and postoperative nursing. The nursing related contents were included into performance assessment to improve the enthusiasm of nursing staff. Only those who passed the assessment could hold this post. a) Preoperative nursing intervention: the nursing staff should give warm reception to the patients, strengthen one-to-one conversation with the patients, explain disease knowledge and laparoscopic surgery treatment methods to patients by means of images and videos, and list successful cure cases for the patients to enhance their faith. In addition, they should also improve the disinfection and skin preparation before surgery to realize the smooth operation and effectively reduce the infection rate of patients. b) Intraoperative nursing intervention: the nursing staff should ensure that the temperature of the operating room is $22\sim 24$ °C, increase the quilt as appropriate, and reduce unnecessary exposure. c) Postoperative nursing intervention: for the patients with mild pain, relieve the pain by distracting their attention, and for the patients with unbearable pain, give analgesics according to the doctor's advice. Within 6h after the operation, the patient was kept in the supine position without pillow, and 6h later, the patient should be instructed to change his/her position at regular intervals. Fasting was required within 6h after the operation, then liquid diet was given, which was gradually changed to normal diet after the passage of gas by anus was recovered. After the operation, the patients were allowed to eat a light diet and fully ingest nutrition, and were instructed not to eat prawns, mutton, crab meat, green onions, peppers and other stimulating food. In addition, the nursing

staff should also strengthen the monitoring of vital signs of patients after surgery, and could accelerate the local blood circulation by limb massage. When abnormal conditions were found during the monitoring process, the nursing staff should timely inform the attending doctor and cooperate with the doctor to complete the treatment and nursing. The patient's postoperative pain should also be evaluated: if the patient's postoperative pain is mild, music therapy and other methods that divert the patient's attention could be used to reduce the pain; if the patient feels severe pain, targeted drug treatment could be given under the premise of following the relevant doctor's advice. After scientific evaluation of the patient's recovery, the nursing staff should guide the patient to take proper exercise and maintain the step-by-step principle to achieve effective recovery of the disease.

1.3. Relevant indicators

The time to recover passage of gas by anus after operation, the time to resume off-bed activity after operation, the statistical rate of postoperative complications, and the satisfaction with nursing intervention between the two groups were evaluated and compared, and the scores of various fields in the core questionnaire on quality of life (QLQ-C30) of the two groups before and after the nursing intervention were analyzed.

1.4. Statistical methods

The data of patients with hysteromyoma undergoing laparoscopic surgery were collected by SPSS 21.0. The measurement data was in the form of $\bar{x} \pm s$, which was consistent with the normal distribution, and tested by t test. The counting data was expressed in the form of % and tested by χ^2 test. The difference was statistically significant when $P < 0.05$.

2. Results

2.1. Comparison of postoperative recovery time between the two groups (see Table 1)

Table 1. Comparison of postoperative recovery time between the two groups ($\bar{x} \pm s$), h

Group	Time to recover passage of gas by anus	Time to resume off-bed activity
Control group	21.30±2.16	23.15±3.40
Test group	15.34±1.20	15.20±2.13
<i>t</i> value	15.25	12.53
<i>P</i>	<0.05	<0.05

2.2. Comparison of postoperative complication rate between the two groups (see Table 2)

Table 2. Comparison of postoperative complication rate between the two groups, cases

Group	Nausea and vomiting	Abdominal distension	Incision infection	Urinary tract infection	Incidence (%)
Control group	2	2	1	1	15.00
Test group	1	0	0	0	2.50
χ^2 value					3.91
<i>P</i>					<0.05

2.3. Comparison of the scores of the core questionnaire on quality of life (QLQ-C30) between the two groups (see Table 3)

Table 3. Comparison of the scores of the core questionnaire on quality of life (QLQ-C30) between the two groups, points

		Physical function	Emotional function	Social function	Role function	Cognitive function
Control group	Before intervention	28.61±1.30	27.53±2.15	30.25±2.57	28.20±1.25	27.63±3.44
	After intervention	37.50±2.56 ¹⁾	35.60±3.16 ¹⁾	37.57±3.40 ¹⁾	35.24±2.10 ¹⁾	36.40±4.57 ¹⁾
Test group	Before intervention	28.54±1.20	27.40±2.14	30.30±2.63	28.31±1.30	27.52±3.50
	After intervention	46.25±3.40 ¹⁾²⁾	45.41±4.50 ¹⁾²⁾	48.50±4.59 ¹⁾²⁾	46.10±3.64 ¹⁾²⁾	46.84±5.19 ¹⁾²⁾

Note: 1) $P < 0.05$ when compared with that before intervention; 2) $P < 0.05$ when compared with that after intervention

3. Discussion

Systematic nursing intervention is an optimized nursing concept, and gives comprehensive nursing intervention for patients during perioperative period to obtain better nursing effect [2, 3]. The data in this paper show that compared with the conventional nursing intervention, the patients who receive systematic nursing intervention take less time to recover their passage of gas by anus and to resume off-bed activity after surgery, and have lower statistical rate of postoperative

complications, higher scores in various fields of the core questionnaire on quality of life (QLQ-C30) after nursing intervention, and higher statistical rate of satisfaction with nursing intervention. It shows that implementing systematic nursing interventions in patients with hysteromyoma undergoing laparoscopic surgery has an advantage over conventional nursing interventions. Systematic nursing interventions include comprehensive nursing services before, during and after surgery. Preoperative nursing interventions take various ways to strengthen the publicity and education of disease knowledge and laparoscopic surgical treatment methods to the patients, and explain successful cure cases to increase the patients' confidence; the intraoperative nursing intervention aims to maintain appropriate temperature, avoid unnecessary exposure, and prevent hypothermia during the operation; the postoperative nursing intervention relieves the pain of the patients by distracting attention and analgesic drugs, and provide reasonable diet guidance after the operation, so as to promote the recovery of the patients after the operation.

To sum up, providing systematic nursing intervention for patients with hysteromyoma undergoing laparoscopic surgery is conducive to their recovery as soon as possible after surgery, significantly reduces the postoperative complications of patients, promotes the improvement of the quality of daily life of the patients, and significantly improves the satisfaction with nursing intervention of the patients, so that it is of important application value.

References

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