

# 18<sup>th</sup> World Congress on Clinical Nursing & Practice

September 21-22, 2018 | Prague, Czech Republic

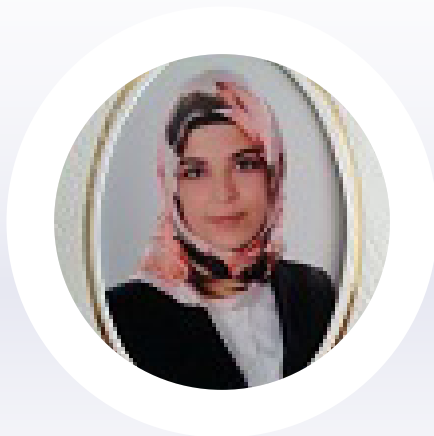
## Effect of education given according to patient needs on postoperative anxiety and comfort in patients undergoing laparoscopic cholecystectomy

This was a randomized controlled study. It was conducted in the general surgery clinic of a government hospital in the west of Turkey with 124 patients (intervention=62, control=62) undergoing laparoscopic cholecystectomy. With patients in the intervention group, their education needs were assessed, and individualized education was given accordingly using computer presentations accompanied by visual materials, and a patient education booklet. Data was collected using a personal information form, the Spielberg State-Trait Anxiety Scale (STAI), The Patient Learning Needs Scale (PLNS), and the Visual Analog Scale (VAS). Before the education, the VAS-pain and VAS-nausea values of the groups were similar, but the VAS-pain levels and the VAS-nausea (except for 24 hours) levels of the intervention groups at all hours after the operation postoperatively were lower than those of the control group ( $p<0.05$ ). Preoperative ( $42.79\pm4.29$ ) and postoperative ( $39.08\pm3.49$ ) STAI-I levels of the patients in the intervention group were found to be lower than those of the control group ( $50.98\pm5.45$  and  $44.41\pm4.77$  respectively). It was found that postoperative vital sign measurements were positively affected in the patients in the intervention group compared with those in the control group ( $p<0.05$ ). It was found as a result of the study that giving education to patients preoperatively according to need by means of visual and audial material (computer presentation) and a booklet increased patients' comfort levels, lowered their anxiety levels, and positively affected their vital findings.

### Biography

Hulya Kizil Togac graduated from the Department of Nursing at the Mugla Sıtkı Kocman University in 2011. She worked as an Operating Room Nurse at Uludag University for two years. Then worked for two years as Research Assistant at Kocaeli University. She graduated from Manisa Celal Bayar University with Master's degree.

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