

Psychosocial Needs Among Patients With Total Knee Replacement

Thesis

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By

Hussein Abdel Aziz Mohammed karkour

(B.Sc Nursing)

Supervised By

Prof. Dr: Nevien Mostafa El-Ashry

Professor of Psychiatric Mental Health Nursing
Faculty of Nursing-Ain Shams University

Ass. Prof. Dr: Samah Abdel Wahed

Assistant Professor of Psychiatric Mental Health Nursing
Faculty of Nursing-Ain Shams University

Ass. Prof. Dr: Ahmad Salem Eid

Assistant Professor in orthopedics
Faculty of medicine- Ain Shams University

*Faculty of Nursing
Ain Shams University
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Dedication



This work is dedicated to the most important persons in my life.....

To the soul of my father, my mother, my wife, my brothers, my sisters, and all my family members for their warmest love, support, encouragement, patience, and understanding which made this Study come to light.....

Thank you a lot



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List of Contents

List of Tables	i
List of Figures.....	ii
List of Abbreviations.....	iii
Glossary.....	v
Abstract	vii
Introduction	1
Aim Of The Study.....	7
Literature Review:	
Chapter (1): Total Knee Replacement	8
Chapter (2): Psychosocial Needs For Patients Subjected To Total Knee Replacement	42
➤ Psychological needs	43
➤ Social needs	50
➤ Spirituality	52
Chapter (3): Nursing Management after Total Knee Replacement.....	53
➤ Post-Operative Care following surgery	53
➤ Physical nursing management	57
➤ Psychosocial nursing management.....	57
➤ Psychosocial counseling for patients subjected to total knee replacement	63
➤ Educational guidelines for patient undergoing Total Knee Replacement.....	66

List Of Contents

Subjects And Methods	73
Results	86
Discussion	108
Conclusion	123
Recommendation	124
Summary	126
References	136
Appendix	I
Protocol	-
الملخص العربي	-

List of Tables

<i>No.</i>	<i>Table Name</i>	<i>Page</i>
Table (1):	Distribution of (socio-demographic data/medical data) among patients with total knee replacement	86
Table (2):	The relationship between socio-demographic characteristics of studied sample and Psychological Needs among patients with total knee replacement.	87
Table (3):	The relationship between socio-demographic characteristics of studied sample and psychological needs related to body image among patients with total knee replacement.	89
Table (4):	The relationship between socio-demographic characteristics of studied sample and social needs among patients with total knee replacement.....	91
Table (5):	The relationship between socio-demographic characteristics of studied sample and psychological needs related to work among patients with total knee replacement.	93
Table (6):	The relationship between socio-demographic characteristics of studied sample and financial needs among patients with total knee replacement.....	95
Table (7):	The correlation between time from the operation (in months) and different needs among patients with total knee replacement.	97

List Of Tables

Table (8):	Distribution of psychological needs among patients with total knee replacement	98
Table (9):	Distribution of psychological needs among patients with total knee replacement	99
Table (10):	Distribution of psychological needs among patients with total knee replacement	100
Table (11):	Distribution of psychological needs among patients with total knee replacement	101
Table (12):	Distribution of psychological needs related to body image among patients with total knee replacement.....	102
Table (13):	Distribution of social needs among patients with total knee replacement	103
Table (14):	Distribution of social needs among patients with total knee replacement	104
Table (15):	Distribution of psychological needs related to work among patients with total knee replacement.....	105
Table (16):	Distribution of financial needs among patients with total knee replacement	106
Table (17):	Mean of scores of psychosocial needs among patients with total knee replacement	107

List of Figures

<i>No.</i>	<i>Figures Name</i>	<i>Page</i>
Figure (1):	Osteoarthritis of the Knee Joint.....	3
Figure (2):	Osteoarthritis often results in bone rubbing on bone. Bone spurs are a common feature of this form of arthritis	10
Figure (3):	The knee after a total knee replacement	11
Figure (4):	Blood clots may develop in leg veins.....	14
Figure (5):	Normal knee joint & damaged knee joint	39
Figure (6):	Damaged cartilage underlying bone are removed, then replaced with prosthesis.	39
Figure (7):	Patients' exercises after (TKR). Adapted from: California (Pacific Medical Center, 2010)	69
Figure (8):	Psychological Needs among patients with total knee replacement.	88
Figure (9):	Psychological needs related to body image among patients with total knee replacement.	90
Figure (10):	Social needs among patients with total knee replacement.....	92
Figure (11):	Psychological needs related to work among patients with total knee replacement.....	94
Figure (12):	Financial needs among patients with total knee replacement.	96
Figure (13):	Mean of scores of psychosocial needs among patients with total knee replacement.	107

List of Abbreviations

<i>Abbr.</i>	<i>Full term</i>
AAHKS	American Association of Hip and Knee Surgeons
AAOS	The American Academy of Orthopedic Surgeons
AAPMR	American Academy of physical medicine & rehabilitation
ADL	Activities Of Daily Living
ANA	American Nursing Association
APA	American Psychiatric Association
APNA	American Psychiatric Nurses Association
ASUSH	Ain Shams University Specialized Hospital
CBM	continuous passive motion
CBT	Cognitive Behavior Therapy
CDC	Center for Disease Control and Prevention
HRQL	Health-Related Quality Of Life
IV	Intravenous
NANDA	North American Nursing Diagnoses Association
NAON	National Association of Orthopedic Nurses
OA	Osteoarthritis
OR	Operative Room

PC	Pain catastrophizing
PN-Q	Psychological Needs Questionnaire
PTA	Post-Traumatic Arthritis
PTSD	post-traumatic stress disorder
CD	compact disc
QOL	Quality Of Life
RA	Rheumatoid Arthritis
ROM	Range of motion
SCT	Social Cognitive Theory
SO	Significant Other
SPSS	Statistical Package for Social Science
THR	Total Hip Replacement
TKA	Total knee Arthroplasty
TKR	Total Knee Replacement
WBCs	White Blood Cells
WHO	World Health Organization

Glossary

Osteoarthritis (OA)

Osteoarthritis (OA) is a common joint disease that most often affects middle-age to elderly people. It is commonly referred to as "wear and tear" of the joints, but now there is know that Osteoarthritis is a disease of the entire joint, involving the cartilage, joint lining, ligaments, and bone (*American College of Rheumatology, 2015*).

Total knee replacement (TKR)

Total knee replacement, or total knee arthroplasty, is a surgical procedure used mostly for patients with osteoarthritis, where the cartilage and part of the bone of the knee joint is removed and replaced with artificial components (*American Association of Hip and Knee Surgeons, 2010*).

Psychosocial Health

The importance of being mentally, emotionally, socially, and spiritually sound was lost on medicine for a long time. A pill was supposed to solve everything! Now there's know better, and there's plenty of proof that a healthy mind and a content heart are just as important for the prevention of diseases and their treatment. Therefore, this concept of psychosocial health, a state of mental, emotional,

social, and spiritual well-being, deserves a better look (*Artem Cheprasov, 2014*).

Psychological Needs

Psychological needs are the mental needs that motivate a person to achieve goals and perform certain activities. They are distinct from physical needs, which have more to do with meeting requirements to survive and remain healthy (*Marky Chavez, 2015*).

Pain catastrophizing(PC)

Pain catastrophizing has emerged as an important factor in chronic pain onset, severity, and duration, and may represent an independent predictor of poor treatment outcomes including the development of chronic pain after TKR surgery (*Sullivan, M., Tanzer, M., Reardon, G. 2009*).

Pain catastrophizing is a multidimensional construct comprising elements of rumination (ie, an anxious preoccupation with pain and the inability to inhibit pain-related thoughts and fears), magnification (ie, the tendency to amplify the significance of pain with respect to implications for one's global health), and helplessness (ie, despair surrounding perceived inability to control one's pain experience) (*Bussmann, JB., Verhaar, JA., Vissers, MM. 2012*).

Abstract

Total knee replacement (TKR) is one of the most effective surgical interventions for pain relief and functional recovery in patients with advanced degenerative arthritis . Following total knee replacement surgery, patients frequently experience intense levels of pain, stress, depression, and anxiety that may reduce their postoperative recovery. so psychosocial needs considered an important aspect that are thought to affect the outcome of total knee replacement **This study aimed To** assess psychosocial needs among patients with total knee replacement. This study was descriptive correlational study, performed on 100 patients after total knee replacement surgery at Ain Shams University specialized hospital. Data were collected using 1) Socio-demographic Questionnaire, 2) psychosocial needs Questionnaire). **The result of this study showed** that the highest psychosocial needs appears in the mean age of patients (60.4 ± 5.7) years old, the patients who hadn't enough income were highest psychosocial needs than patients had enough income. the patients who doesn't work had highest psychosocial needs than patients who work. patients had the highest psychosocial needs the period after surgery, while psychosocial needs decreased gradually by the time. **The study concluded that** there are statistical significant relation between psychosocial needs among patients after total knee replacement, and the mean score of their socio-demographic data. **The following recommendations** are suggested to provide psychosocial counseling for patients before and after total knee replacement surgery to reduce anxiety and depression.

Key words: Total Knee Replacement, Arthritis, Psychosocial Needs.

Introduction

Total knee replacement or total knee arthroplasty, is a surgical procedure used mostly for patients with osteoarthritis, where the cartilage and part of the bone of the knee joint is removed and replaced with artificial components(*American Association of Hip and Knee Surgeons, 2010*).

Regarding, Patients with osteoarthritis, they are the primary recipients of this type of surgery, however patients with rheumatoid and psoriatic arthritis may also use this type of treatment. Osteoarthritis is the degeneration of a joint, and some cases have idiopathic causes. Most cases, however, are caused by overuse of the joint (*Leopold, 2011*).

Over time the cartilage and the meniscus can wear down or totally away so that bone is contacting bone, causing severe pain for the patient. Knee replacement is typically the last resort for solving this condition. Other types of treatment that may effective are non-narcotic analgesics and intra articular Osteoarthritis of the Knee Joint injections of corticosteroids (*Leopold, 2011*).

About, Rheumatoid arthritis, it's an auto-immune disorder that affects many of the joints in the human body. The immune system mistakenly attacks the body tissue, and can cause fever and fatigue along with joint deformity and other problems (*Mayo clinic, LD., Gauchard, G., 2010*).

According Psoriatic arthritis is a type of arthritis that affects people who have psoriasis, a skin condition indicated by red patches of skin with silvery scales. This type of arthritis is characterized by joint pain, stiffness and swelling of any joint, whereas rheumatoid arthritis tends to be restricted to the small joints. Although the knee joint is not considered one of these “small joints,” it can still be affected in some advanced cases (*Mayo Clinic et al., 2010*).

Finally, patients with a large degree of trauma to the knee, from things such as car accidents, sports-related injuries or falls, may also benefit from knee arthroplasty. Trauma in the knee usually causes tears in the ligaments, menisci, or cartilage(*Mayo Clinic et al., 2010*).