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**Effect Of Two Pain Relieving Strategies on Postoperative Pain
Experience among Patients With Open Heart Surgery**

تأثير طريقتين لتخفيف الألم على تجربة الألم بعد الجراحة لدى مرضى جراحة القلب المفتوح

Thesis

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By

Hanaa Youssry Hashem

(M. Sc. Nursing)

Supervisors

Dr. Mohamed Magdi Gomaa

Prof. Of Cardio-thoracic surgery

Faculty of Medicine

Cairo University

Dr. Khairia AboBaker El-Sawy

Asst. prof. Of Medical Surgical Nursing

Faculty of Nursing

Cairo University

Dr. Mofida El-Sawy Bader

Asst. prof. Of Medical Surgical Nursing

Faculty of Medicine

Cairo University

Faculty of Nursing

Cairo University

2000

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By

Hanaa Youssry Hashem

Abstract

This study was conducted to determine the effect of two pain relieving strategies (preoperative instruction versus preoperative instruction combined with relaxation training) on reducing postoperative pain experience among patients with open heart surgery. A convenience sample of 90 patients was recruited to this study. Patients were divided randomly into three equal groups, 30 patients each. The study group I was subjected to pain relieving method (a), the study group II exposed to method (b), and the control group received the routine hospital preparation only. Data were collected utilizing: modified Arabic version of McGill Pain Questionnaire (1975), Pain Physical Index observational sheet, and the background data sheet. To achieve the aim of the study seven research hypotheses were formulated. The results of the study supported nearly all the stated hypotheses as the study group II who subjected to preoperative instruction combined with slow deep breathing relaxation training demonstrated the lowest (a) total pain scores, (b) pain physical index total scores and (c) the need for analgesic to be given post operatively as compared to both patients in the study group I and the control group. $F\text{-ratio} = 69.67; p < 0.01$, $\chi^2_1 = 69.15$ $p < 0.01$, and $\chi^2_1 = 30.63$. $p < 0.01$ respectively. Thus the study imply that providing preoperative instruction combined with relaxation training may be an effective nursing intervention in reducing patients' postoperative pain and decreases number of pain signs and symptoms as well decreasing need for analgesic following open heart surgery. Ideas for further research were generated. Replication of the study on a larger probability sample is recommended to achieve generalizabilty of results.

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