



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



HANAA ALY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



HANAA ALY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغييرات



يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



HANAA ALY

**Effect of Discharge Plan on Outcome and
Satisfaction of Patients with Lumbar
Disc Herniation Surgery**

Thesis

Submitted for Partial Fulfillment of
The Doctorate Degree
In
Nursing Sciences
(Medical –Surgical Nursing)

By

Mabrouka Ahmed Abdella Mahmoud

Assistant Lecturer in Medical
Surgical Nursing
Faculty of Nursing

**Faculty of Nursing
Ain Shams University
2020**

Effect of Discharge Plan on Outcome and Satisfaction of Patients with Lumbar Disc Herniation Surgery

Thesis

Submitted for Partial Fulfillment of the
Requirement of Doctorate Degree
In
Nursing Science
(Medical - Surgical Nursing)

Under Supervision of

Dr. Tahany Ahmed El Senousy

*Professor of Medical Surgical Nursing
Faculty of Nursing – Ain Shams University*

Dr. Dalia Abdallah Abdelatief

*Assistant Professor of Medical Surgical Nursing
Faculty of Nursing-Ain Shams University*

Dr. Samar Faltas Marzouk

*Assistant Professor of Medical Surgical Nursing
Faculty of Nursing-Ain Shams University*

**Faculty of Nursing
Ain Shams University
2020**

Acknowledgments

First and foremost, I feel always indebted to **Allah**, the Most Kind and Most the Merciful for all his blessing and for giving me the will and strength for completion of this work.

I wish to express my deep appreciation and gratitude to **Professor Dr. Tahany Ahmed El senousy**, Professor of Medical Surgical Nursing, Faculty of Nursing, Ain Shams University, and words cannot describe how grateful I am for her guidance, valuable support, constructive criticism, and continuous, unlimited help. I would not have been able to start and reach perfection of this work without her.

I am deeply grateful to **Ass. Prof. Dr. Dalia Abd allah Abd elateif** Assistant Professor of Medical Surgical Nursing, Faculty of Nursing, Ain Shams University, for her supervision, help and valuable support and guidance, I am deeply affected by her noble character, perfection, care and consideration.

I would like to express my deep thanking and appreciation to **Ass. Prof. Dr. Samar faltas Marzouk**, Assistant Professor of Medical surgical Nursing, Faculty of Nursing, Ain Shams University, for her meticulous and for the time she devoted to me in this work.

I feel deeply thankful to all **patients** who participate in the study and to all who helped me with time and effort in fulfilling this work.

 **Mabrouka Ahmed Abdella Mahmoud**



*Last but not least, I am grateful to **my Family, my Husband, friends** and to all those who sincerely helped me to fulfill this work,*

✍ Mabrouka Ahmed Abdella Mahmoud

List of Contents

<i>Subject</i>	<i>Page No.</i>
List of Abbreviations.....	i
List of Tables.....	ii
List of Figures	iv
Abstract	v
Introduction	1
Aim of the Study	5
Review of Literature	6
Subjects and Methods	57
Results.....	74
Discussion	100
Conclusion and Recommendations	121
Summary	124
References	132
Appendices	162
Protocol.....	
Arabic Summary	—

List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
ADLs	: Activity of Daily Living
AF	: Anulus Fibrosus
BMP	: Bone Morphogenetic Protein
CSF	: Cerebro Spinal Fluid
CT	: Computed Tomography
DDD	: Degenerative Disc Disease
DVT	: Deep Vein Thrombosis
ECM	: Extra Cellular Matrix
EMG	: Electro myogram
HCPs	: Health Care Providers
HNP	: Herniation of the Nucleus Pulposus
IDET	: Intradiscal Electro Thermoplasty
IVD	: Intervertebral Disc
LDH	: Lumbar Disc Herniation
LSS	: Lumbar Spine Surgery
MRI	: Magnetic Resonance Imaging
NCS	: Nerve Conduction Studies
NP	: Nucleus Pulposus
PE	: Pulmonary Embolism
ROM	: Range of Motion
SLR	: Straight Leg Raising
SPSS	: Statistical Packge for Social Science
SSI	: Surgical Site Infection
TENS	: Transcutaneous Electrical Nerve Stimulation
US	: United State

List of Tables

Table No.	Title	Page No.
Table (1):	Number and percentage distribution of studied patients with lumbar disc herniation surgery according to their demographic data (N=60).....	75
Table (2):	Comparison of studied patients' satisfactory knowledge score regarding lumbar disc herniation surgery during the three phases of the study (n=60).....	77
Table (3):	Comparison of studied patients satisfactory level of knowledge regarding lumbar disc herniation surgery during the three phases of the study (n=60).....	79
Table (4):	Comparison of Oswestry Low Back Pain Disability index among studied patients (N=60).	81
Table (5):	Comparison of studied patients' total level of oswestry disability index during the two phases of the study (n=60).	82
Table (6):	Comparison of Lower extremity Function scale among studied patients (N=60).	83
Table (7):	Comparison of studied patients' lower extremity functional scale during the two phases of the study (n=60).....	84
Table (8):	Comparison of social outcome among studied patients during the two phases of the study (N=60).	85

List of Tables (Cont.)

Table No.	Title	Page No.
Table (9):	Compares patients' total social dysfunction during the two phases of the study (n=60).....	86
Table (10):	Mean scores of psychological outcome among studied patients (N=60).....	87
Table (11):	Comparison of patients' total psychological outcomes during the two phases of the study (n=60).	88
Table (12):	Comparison of patient satisfaction score among studied patients (N=60).....	90
Table (13):	Comparison of patients' total level of satisfaction during the three phases of the study (n=60).....	91
Table (14):	Relation between patients' total satisfactory level of Knowledge and their demographic characteristics pre and three months post implementation of the discharge plan (n=60).....	93
Table (15):	Relation between patients' total satisfactory level of Knowledge and their level of disability score pre and three months post implementation of the discharge plan (n=60).....	95
Table (16):	Relation between patients' total satisfactory level of Knowledge and their level of lower extremity functional score pre and three months post implementation of the discharge plan (n=60).....	96

List of Tables (Cont.)

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
Table (17):	Relation between patients' total satisfactory level of Knowledge and their level of social outcome pre and three months post implementation of the discharge plan (n=60).....	97
Table (18):	Relation between patients' total satisfactory level of Knowledge and their level of psychological outcome pre and three months post implementation of the discharge plan (n=60).....	98
Table (19):	Relation between patients' total level of knowledge and their level of patients satisfaction pre, immediate and three months post implementation of the discharge plan (n=60).....	99

.....

List of Figures

Figure No.	Title	Page No.
-------------------	--------------	-----------------

Figures in Review:

Figure (1):	Structure of inter vertebral disc.....	8
Figure (2):	Herniated disc a.....	11
Figure (3):	Types of lumbar disc herniation classification based on the location of the disc herniation relative to the facet joint and spinal canal.....	13
Figure (4):	Example image of spinal fusion surgery using titanium cages loaded with hydroxyapatites and pedicle screws and rods to keep stability and anatomic alignment in spinal segment.....	24

List of Figures

Figure No.	Title	Page No.
-------------------	--------------	-----------------

Figures in Results:

Figure (1):	Patients' satisfactory level of knowledge during the three phases of the study.....	80
Figure (2):	Patients' total level of psychological outcome during the two phases of the study.	89
Figure (3):	Patients' total level of patients satisfaction during the three phases of the study.	92

List of Appendices

Appendix I Patients' Interviewing questionnaire

Appendix II Patients' Outcomes Assessment tool

Appendix III..... Patient Satisfaction tool

Appendix IV..... Validity and reliability of study tools

Appendix V Discharge planning