Pain tolerance of nasal patients after surgery and nursing intervention

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View from specialist: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To study the pain tolerance of nasal patients and the nursing intervention strategies. Methods: A total of 76 patients with nasal diseases who were under surgery treatment were randomly divided into study groups and control group by half. The control group patients received routine care, while patients in the study group were given nursing care intervention. The level, nature and character of pain were evaluated by descriptive pain scale and questionnaire. Results: The pain was most severe 12 h after surgery, and was relieved after 24 h. In study group 40% patients with unilateral nasal packing showed moderate to severe pain (8/16) 12 h after surgery; 72.7% with bilateral nasal packing had moderate to severe pain (16/22). 12 h later 83.3% with unilateral nasal packing in control group showed moderate to severe pain (15/18), and 77.8% were complicated with headache; while 90.0% patients with bilateral nasal packing showed moderate to severe pain, (18/20). There was significant difference between two groups \((P<0.05)\). Average sleep time in study group patients was \((6.4 \pm 0.6)\) h 1d after surgery, while it was \((4.5 \pm 2.6)\) h in control group, with significant difference between two groups \((P<0.05)\). Conclusions: Most patients with nasal surgery had pain to different degrees, and it has poor effect on sleep and rest. The evaluation of pain and timely nurse intervention can reduce pain and help improve sleep quality, promote rehabilitation of patients.

[KEY WORDS] Nasal surgery; Pain; Nurse