

ABSTRACT

Effect of Shower Taken within 48-72 Hours after Median Sternotomy on Wound Infection, Pain and Healing Comfort

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Background: Showering after surgery is a controversial issue for surgery patients. This study aimed to investigate the effect of shower taken 48-72 hours after Median Sternotomy on wound infections, pain and healing comfort of patients.

Methods: Randomized and controlled Intervention study was composed of 51 adult patients who had coronary artery bypass graft surgery in Cardiovascular Surgery Clinic of a university hospital between December 2016-September 2017. Intervention group included 26 patients who were given showers 48-72 hours after surgery and Control group included 25 patients who were not given showers until removal of their sutures.

Swab samples were taken from wound sites of all patients before first dressing, before showering, during discharge and on the 14th day of surgery to evaluate local infection symptoms. Photos of wound sites taken by patients one month after surgery were sent to researcher. All results were assessed by an Infection Control Committee for the development of sternal wound infection. Pain, healing comfort and satisfaction levels of all patients in both groups were evaluated by using "Visual Analog Scale Form".

Results: Sternal wound infection (7.7%) that developed in Intervention group was found to be lower than that of Control group (32.0%) with a statistically meaningful difference ($p<0.05$). Pain levels of patients in Intervention group after showers was lower compared to those of patients in Control group whereas their healing comfort and satisfaction levels were higher with a statistically significant difference ($p<0.05$).

Conclusions: it was identified that showering within 48-72 hours after median sternotomy had no negative effect on sternal wound infection, pain and healing comfort. Patients can be safely have shower 48 hours after cardiac surgery. It is recommended to carry out this study with different sample groups.

Key Words: cost, pain score, shower, wound care, wound infection

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Biography

I am 48 years old. I worked as a clinician and manager nurse for about 15 years. I started my academic studies at Ege University. At the same time, I am working Pamukkale University Faculty of Health Science, Nursing Department (Surgical Diseases of Nursing) as a PhD. I have more than ten published papers in different journals.