Postoperative Pain Assessement within 24 Hours at Thepparat Nakhonratchasima Hospital Thailand

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Introduction

Pain is an emotional discomfort experience. The condition is generally associated with tissue damage due to operative treatment. The surgery procedure is considered a major cause of pain, particularly, patients go through the pain after being recovered from anesthesia. The effective pain management leads to less complications and helps patient get quick recover. Pain has been still an important problem of healthcare in Thailand and worldwide. A survey conducting in the United States in 2003 revealed that 82% of patients experienced the pain and 39% of these had more severity during the two weeks post surgery. A pain survey in 17 European countries in 1998 has also found that more than a half of anesthesiologists were not satisfied with the postoperative pain management and only 34% of hospitals had acute pain facility service. Thepparat Nakhon Ratchasima Hospital is one of the general hospitals that have many surgery cases annually. These cases include general surgical procedures, orthopedic and obstetric surgery. The accumulative surgery cases in the year of 2013, 2014, and 2015 were 2,634, 4,504, and 5,405, respectively. The patients receiving anesthesia were that of 1,409 , 2,763, and 3,273, respectively. More importantly, there is also a lack of postoperative pain perception among patients within 24 hours after surgery. This study was then aim to seek informative data for developing further the acute pain service for post-operative patients.

Purposes

1. To survey the patient's perception of pain within 24 hours after surgery
2. To develop the postoperative pain management system

Methods

The cross-sectional study of 60 randomized patients undergoing general anesthesia process and spinal analgesia for major surgery was assessed in October, 2015. Briefly, Anesthetic nurses made a visit to patients within 24 hours after general anesthesia to record pain score routinely. The pain score was analyzed in combination with other patient aspects.

Result

Sixty patients undergoing major surgery in October 2015 were participated in this study. The percentage of female and male in the study was 56.67% and 43.33%, respectively. The age group of 0-15 years, 15-25, 25-45, 45-65, and > 65 years were 1.66%, 26.67%, 45 %, 23.33%, and 3.33%, respectively. Study groups defined by type of surgery as obstetrics 43.33% and general surgery 35% and orthopedic surgery 21.67%. By defining type of anesthesia the patients received, 63.33% of the total patients received general anesthesia and 36.67% of the total were spinal analgesia. Postoperative interview within 24 hours by anesthetists revealed that percentages of patients went through mild pain (1-3 pain scores), moderate pain (4-6 pain scores), and severe pain (7-10 pain scores) were 33.33%, 31.67%, and 35.00%, respectively. Moreover, interview data also showed that 66.67 % of patients faced the post-operative pain within 24 hours after surgery at the level of moderate to severe pain.

Conclusion and suggestion

The interview data of post-operative pain among 60 patients receiving surgical treatment reveals informative perception of pain. There was also a high incidence of moderate to severe pain in these particular patients. These could relevant aspect for healthcare service providers to improve nursing care plan for pain management.