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Pain intensity and pain interference among persons with cardiac surgery during acute post-operative phase

Ineffective pain management after cardiac surgery can cause negative complications that deteriorate the recovery outcomes. The aim of this study was to explore the intensity and interference of pain in cardiac surgery patients during acute postoperative phase. A cross-sectional study was done with 132 cardiac surgery patients from 5 cardiac centers in Bangkok during November 2015-February 2016. After removing the endotracheal tube, patients were interviewed using the Thai version of a modified Brief Pain Inventory including 4 items of intensity subscale (worst pain, least pain, average pain and current pain) and 6 items of interference subscale (general activity, sleep, mood, walking, deep breathing and coughing, relation with others). Result showed that maximum pain intensity was 5.42 whereas the greatest mean interference was on deep breathing and coughing (4.53) followed by general activity (3.69) and walking (3.64). Overall, 70% of patients had moderate to severe pain intensity (CPs of worst pain $\geq 4/10$), 65% had moderate to severe interference of pain due to deep breathing and coughing, 53% with general activity and 49% with walking. Further analysis found a strong relationship between intensity and interference of pain ($r .62$; $p < 0.001$). Findings suggest that pain interferes with daily life and that higher levels of pain produce greater interference. Levels of worst pain remained moderate to severe for more than two third of the sample in consistent with its impacts to patient's activities. The result underlines the need to evaluate pain from its interference simultaneously with its intensity.

Biography

Pakamas Keawnantawat has completed her PhD from Chulalongkorn University. Currently, she is the Lecturer at Faculty of Medicine Ramathibodi Hospital, Mahidol University, Bangkok, Thailand.

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