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The effect of digital games on the pain level and immobilization of children operated with angiography operated

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Purpose: The purpose of this study was to determine the effects of digital games on pain level and immobilization of children operated with angiography.

Methods: This experimental study was conducted between October 2016 and March 2017 in the Pediatric Cardiology Department of a university hospital in eastern Turkey as a pre-test-post-test control group. Eighty children (n=40 experiments, n=40 controls) with angiography operated between 4-17 years of age participated in the study. Experimental group children played digital game suitable for age after angiography operation. Vital signs and Wong-Baker Pain Scale were applied as a pre-test (30th minute) and post-test (90th minute) to both groups and number of in-bed movements recorded by observing. The data were analyzed using, independent t-test, paired t-test and Mann-Whitney U test.

Results: The average age of the children was 8.72 ± 3.65 , 38% had ASD (Autism spectrum disorder), 21% had VSD (Ventricular septal defect), 26% had PDA (Patent ductus arteriosus) and 7.5% had Tetralogy of Fallot. There was no significant difference between groups when total respiratory rate, blood pressure, heart rate, saturation value and pain score were compared at 30 minutes after angiography operation ($p > 0.05$). After 90 minutes of angiography operation, the pain level of children, who played digital games decreased significantly when compared to the control group ($p < 0.001$). There was also a significant difference between groups on systolic blood pressure ($p < 0.05$), oxygen saturation ($p = 0.005$) and number of in-bed movements ($p < 0.001$).

Conclusion: Playing digital games after angiography operation showed that it decreased pain level and mobility in children.

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