

JOINT EVENT

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The effect of bioenergy on postoperative pain in patients who underwent abdominal surgery

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Statement of the Problem: This research has been conducted to determine the effect of bioenergy on postoperative pain in patients who underwent abdominal surgery.

Methodology & Theoretical Orientation: The study was conducted between December 2015 and December 2017 at Inonu University, Turgut Ozal Medical Center, General Surgery Intensive Care Unit and Liver Transplant Institute Intensive Care Units as a quasi-experimental research with control group in repeated measurements. The study population consisted of patients who underwent abdominal surgery and were over the age of 18. After the power analysis, it was determined that 210 patients (105 experiments, 105 controls) should be taken in the sample group. Patients were selected by random sampling method. Patient identification form and visual analog scales were used for data collection. After applying patient identification form to the patients in the experimental group and determining pain levels with Visual Analogue Scale (VAS), bioenergy was applied for 10–15 minutes. Pain levels were reevaluated in 5th, 30th, 60th, 90th and 120th minutes with VAS. Data were evaluated with number, percentage, mean, standard deviation, Chi-square, independent group t test and variance analysis.

Findings: Before bioenergy, the experimental group's pain level was 5.87 ± 1.36 . However, it decreased at the 5th, 30th and 60th minutes after bioenergy. Although it increased again at 90th and 120th minutes, a lower level of pain (5.02 ± 2.38) was detected at 120th minute, compared with pre-bioenergy ($p=0.000$). Pain intensity in the control group was found to increase gradually after 30th minute ($p=0.185$), even though it decreased at 5th minute after bioenergy.

Conclusion & Significance: Bioenergy was found to be effective in postoperative pain management in patients who have undergone abdominal surgery.

Biography

Bahar Aslan graduated from Inonu University, Faculty of Health Sciences in 2014. Between 2014 and 2016, she worked as a Nurse in Intensive Care, Emergency and Operating Room. She is a Research Assistant at Inonu University since 2016. She is currently pursuing her PhD in Surgical Diseases.

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