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## Effects of planned and unplanned orthopedic operations on the patients' self-esteem, body image and state anxiety

Nursemin Ünal<sup>1</sup> and Nermin Gürhan<sup>2</sup><sup>1</sup>Gulhane Military Medical Academy, Turkey<sup>2</sup>Gazi University, Turkey

This study was planned to observe the effects of planned and unplanned orthopedic operations on the patients' self-esteem, body image and state anxiety. The required permission was taken from the hospital where the study was done. The universe of this study was composed of 104 patients who had operations between March 1<sup>st</sup>, 2013 and October 31<sup>st</sup>, 2013 at Gulhane Military Medical Academy Orthopedics and Traumatology Service. The sample of this study consisted of 80 patients who accepted to join the study. The data was collected by using Patient Information Form, State Trait Anxiety Inventory, Coopersmith Self-Esteem Inventory and Body Cathexis Scale. The patients who had completed Patient Information Form and State Trait Anxiety Inventory before the operation, were given Coopersmith Self-Esteem Inventory, Body Cathexis Scale, State Trait Anxiety Inventory on the first day after the operation and they were given State Trait Anxiety Inventory again before discharge. SPSS 15 package program was used in evaluating the data. In the analysis of the data, Mann-Whitney U test and Friedman test were used and the statistical significance value was accepted as  $p < 0.05$ . Bonferroni corrected Wilcoxon test was used and the statistical significance value was accepted as  $p < 0.017$ . In Pearson Correlation test  $r < 0.24$  was accepted as weak correlation, 0.25-0.69 was accepted as moderate correlation and  $\geq 0.70$  was accepted as good correlation. The 62.5% of the participants were over 65 years old. The vast majority of the participants were women (76.3%) and married (63.8%). The education level of the majority of the participants was elementary school or below elementary school (76.3%) and only 12.5 % of them were working. Finally, the level of trait anxiety of young people before surgery was found high compared to old people. The level of trait anxiety of single people was also found high compared to married people. The anxiety level of the patients who received emergent surgery was found to be higher than the patients who received planned surgery. A positive relation was found between self-esteem and body image. In the light of the results obtained from the study, taking care of patients in a holistic way is suggested. It is also recommended to cooperate with consultation liaison psychiatry unit and generalize consultation liaison psychiatry nursing.

### Biography

Nursemin Ünal has completed her Master's degree in Nursing from Gazi University Medical Sciences Institute Department of Psychiatric Nursing and currently she is a PhD student in Gülhane Military Medical Academy, School of Nursing, Department of Fundamentals of Nursing. In addition, she is working in Gulhane Military Medical Academy Department of Orthopedics and Traumatology as an Education and Training Nurse.

[nurse\\_unal@hotmail.com](mailto:nurse_unal@hotmail.com)

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