

# 6<sup>th</sup> World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

## The analysis of self-care ability of the women having hysterectomy in Turkey according to self-care model of orem

Ekin Dila TOP, Şenay Unsal Atan and Oya Kavlak  
Izmir Katip Celebi University, Turkey

The object of the research is to analyze the self-care ability of the women having hysterectomy according to Self-care Model of Orem. The research having cross sectional and descriptive qualities has been held in Maternity and Gynecology Training and Research Hospital of Ege University in İzmir between the dates of June- December 2014. 213 volunteer women that attended in polyclinic for their first controls after operation compose the sample of the research. The data has been gathered by using Self-description Form and Self-care Ability Scale. It has been designated that the age average of the women is  $52,12 \pm 10,76$ , 61% of them are primary school graduate, 74.2% of them are housewives, 59.2% of them have equal income and expense, 95.3% of them have social security, 81.7% of them have nuclear family, 92.5% of them are married, 26.3% of them live in rural areas and 63.6% of them have live children below three. The age average of their partners is  $55,59 \pm 11,22$  and 71.8% of them are primary school graduate, 43.2% of them are retired. 45.7% of the women came to polyclinic with complaint of bleeding, 58.7% of them are menopause and the year average of their menopause period is  $10,91 \pm 8,57$  and 75.2% of them had Total Abdominal Histerektomi Bilateral Salpingooferektomi (TAH+BSO). It is determined that women feel worse after operation compared to preoperation (8,9%-15,5%), they have some changes in their social and sexual lives (36.7%), they suppose that their sexual lives will not be the same like former because of bleeding and 40.8 of them express that they do not feel themselves womanlike. Moreover it is designated that women feel bad in physically (15.0%) and mental (23.0%), and they want to rest in order to feel good (34.3%) and they want to think that they will be fine (16.5%). It is specified that only the half of women get knowledge before operation (49.8%), the knowledge taken is related to how operation will be alinan (68.9%), 47.4% of women get knowledge after operation, the knowledge take is related to how the operation was (44.6%), 80.2% of them are informed by doctor and a great majority of women want to be trained about what should be rgearded after operation (47.5%). Point average of self-care ability of thw women having hysterectomy operation has been found as  $X=87.86 \pm 18.93$ . In this study it is determined that the women having hysterectomy feel tehmselves bad in physically and mental, they think that it will affect their sexual lives adversely, they regard the resection of uterus as a deficiency in their femininity roles and they do not get enough information before and after operation. Furthermore the points women get from Self-care Scale has been found lower in proportion to literature. It is determined that women tend to pass over self-care after hysterectomy operation. It is concluded that the self-care of women having hysterectomy operation is low and it affects women physically, mentally and sexually.

### Biography

Ekin Dila TOP is currently a PhD Student, Department of Obstetric and Gynecology Nursing at the Ege University Health Sciences Institute, Turkey. She is also lecturer at the Kâtip Çelebi University in Obstetric and Gynecology Nursing Department since 2014.

[ekindilatop@gmail.com](mailto:ekindilatop@gmail.com)

### Notes: