



RESEARCH ARTICLE

A STUDY TO EVALUATE THE EFFECTIVENESS OF CARE BUNDLES INTERMS OF ANXIETY AND POST-OPERATIVE COMPLICATIONS AMONG WOMEN UNDERGOING HYSTERECTOMY IN SELECTED HOSPITAL AT MEERUT

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ABSTRACT

Background: According to FOGSI -Hysterectomy is one of the most frequently performed surgical procedure worldwide. However, in India six in every 100 women aged 30-49 have had a hysterectomy and the prevalence is about 11 per 100 women in the age group of 45-49 years, according to study in Reproductive Health journal. In order for the blessing of a mother to bear a child and deliver it, is a favor of God and removing the organ which bear child is a most difficult process for women feminine identity. The researcher aim is to assess and evaluate the effectiveness of care bundle given to hysterectomy women in terms of anxiety and post-operative complication.

Objectives of the study 1. To assess the level of anxiety and risk of post-operative complications (constipation and urinary tract infection) among women undergoing hysterectomy. 2. To evaluate the effectiveness of care bundles administered in experimental group as compare to control group. 3. To find out the association between level of anxiety and risk of post-operative complications with selected demographic variables. **Methods:** A Quasi experimental study enrolled 60 women undergoing hysterectomy, 30 in both experimental group and control group selected by purposively sampling techniques. Data was collected by using generalized anxiety disorder assessment, Kendall constipation assessment scale and Bristol urinary tract symptoms assessment scale. Pre-test and post-test were taken from both experimental group and control group, care bundles were given only to experimental group. **Findings:** The findings revealed that by giving care bundles to experimental group, reduces the anxiety and prevent the complication of hysterectomy confirmed by unpaired "t" test ($t = 48.1$ and $p = < 0.001\%$) level for anxiety, ($t=37.4$ and $p = < 0.001\%$) for constipation, ($t= 35.5$ and $p = < 0.001\%$) for urinary tract infection. **Discussion:** The study showed that women who received the care bundle are having less complications as compared to the women who didn't receive care bundles. These results are significant associated with pre-test of complications where women have received the care bundles postoperatively. **Conclusion:** There was a marked improvement in level of anxiety and early recovery in post-operative colony phase for patients' security care bundles. Binder and post-operative complications in experimental group. The use of care bundles on experimental group of hysterectomy women was significantly higher than control group.

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INTRODUCTION

The care bundle is a daily procedure that lasts till the patient's condition has greatly improved or until they no longer need an invasive technology. The bundle's main emphasis here about how to provide your patient with the finest care while adhering to a straightforward strategy to get the best results. The researcher aim is to assess and evaluate the effectiveness of care bundle given to hysterectomy women in terms of anxiety and post-operative complication. The results of the study showed that there was a significant difference in anxiety and risk of post-operative complications among women undergoing hysterectomy and it is important to be treated soon because anxiety and post-operative complication may hinderance comfort of the patient's recovery outcomes and there are most common gynecological problems are like, uterine, ovarian cancer endometriosis those can be treated by surgical management such as hysterectomy, hysterotomy, Salphino oophorectomy, endometria ablation procedure, loop electro

excision procedure. A care bundles has a ultimate goal of enhancing patient care carried out sequentially over a defined length of time by one health care team

OBJECTIVES OF THE STUDY

1. To assess the level of anxiety and risk of post-operative complications (constipation and urinary tract infection) among women undergoing hysterectomy.
2. To evaluate the effectiveness of care bundles administered in experimental group as compare to control group.
3. To find out the association between level of anxiety and risk of post-operative complications with selected demographic variables.

MATERIALS AND METHODS

A **Quasi experimental study** enrolled 60 women undergoing hysterectomy, 30 in both experimental group and control group selected by non-probability purposively sampling techniques. Data was collected by using generalized anxiety disorder assessment, Kendall constipation assessment scale and Bristol urinary tract symptoms assessment scale. Pre-test and post-test were taken from both experimental group and control group, and care bundles as intervention was given.in Table No 1.

RESULTS AND DISCUSSION

Findings related to pre-test and post-test care bundles scores among women undergoing hysterectomy on level of anxiety

In experimental group post-test most of the sample belongs to minimal anxiety i.e 30 (100%) while in control group majority of the samples belongs to severe anxiety both in pre-test and post-test i.e 29 (96.6%). In moderate anxiety pre-test group 4 (13.3%) and post-test group 0 (0%) from experimental group and in both pre-test and post-test 1 (3.33%) were from control group. In experimental group pre-test 26(86.6%) were in severe anxiety but it reduces to nil after intervention.

Symbolic representation of the research design in study group

Table No-1

GROUPS	PRE-TEST (O ₁)	INTERVENTION	POST-TEST(O ₂)
Experimental Group	O ₁	X	O ₂
Control Group	O ₁	---	O ₂

GROUP	2 DAYS BEFORE SURGERY (DAY 1)		AFTER SURGERY (DAY 4)
	Pre-test	Treatment	Post-test
EXPERIMENTAL GROUP	To assess and evaluate the level of anxiety and risk of post-operative complication before administered care bundles	Administration of video to evaluate the effectiveness of care bundles administered to pre-operatively hysterectomy women.	To assess and evaluate the level of anxiety and risk of post-operative complication after administration of care bundles on women undergoing hysterectomy
CONTROL GROUP	To assess and evaluate the level of anxiety and risk of post-operative complication	-	To assess and evaluate the level of anxiety and risk of post-operative complication

Findings related to risk of Post-Operative complications related to Constipation: In control group pre-test Majority of the samples belongs to moderate problem 29 (96.6%) and remain same when post-test taken, while in pre-test experimental group most of the samples belongs to moderate problem 30 (100%) and reduce to 2 (6.6%) i.e. mild problem and 28 (93.3%) which is no problem after receiving intervention in experimental group post-test of level of anxiety score (0.2) while the pre-test mean value of experimental group is higher (3.66). the obtained SE is 0.091 and mean difference was found to be statistically significant as evident from the obtained in experimental 't' value (39.5) for df (29) t tabulated (2.05) at 0.05 level of significance and in control group the obtained 't' value (1) with standard error of difference = 0.033 which is not significant.

Findings related to risk of post-operative complication related to urinary tract infection: In control group pre-test most of the samples belong to moderate problem 29 (96.6%) and decrease to 28(93.3) in post-test. Pre-test of 1 (33.3%) sample in mild problem, seems to be increase to 2 (6.6%).

In pre-test experimental group majority of the samples were in moderate problem i.e. 28 (93.3%) and 2 (6.6%) but after intervention it came under no problem i.e. 29 (96.6%) and 1 (3.33%) in mild problem.

Findings related to the effectiveness of care bundle among women undergoing hysterectomy

In Present study finding revealed in experimental group post-test of level of anxiety score (0.6) while the pre-test mean value of experimental group is higher (17.33). the obtained SE is 0.472 and mean difference was found to be statistically significant as evident from the obtained in experimental 't' value (35.4) for df(29) t tabulated (2.05) at 0.05 level of significance and in control group the obtained 't' value (0.7957) with standard error of difference = 0.209 which is not significant. Finding also revealed that unpaired t-test value between experimental group post-test and control group posttest is (48.1534), df = (58)t tabulated value (2.010), SE = 0.372 the obtained value and mean difference was found to be statistically significant. Also depicts that unpaired t-

test value between experimental group post-test and control group posttest is (37.4), $df=(58)$ tabulated value (2.010), $SE = 0.100$ the obtained value and mean difference was found to be statistically significant.

Findings related to risk of post-operative complication like urinary tract infection: Findings shows in experimental group post-test of level of anxiety score (0.16) while the pre-test mean value of experimental group is higher (3.56). the obtained SE is 0.124 and mean difference was found to be statistically significant as evident from the obtained in experimental 't' value (28.3) for $df(29)$ t tabulated (2.05) at 0.05 level of significance and in control group the obtained 't' value (1.0000) with standard error of difference = 0.033 which is not significant. Data also depicts that unpaired t-test value between experimental group post-test and control group posttest is (35.5), $df = (58)$ t tabulated value (2.010), $SE = 0.106$ the obtained value and mean difference was found to be statistically significant. The same findings were supported by Abgill Pangan (2020) on creation of a hysterectomy bundle to reduce surgical site infection and improved patient outcome

Findings related to the association between pre-test care bundles score among women undergoing hysterectomy with their selected demographic variables. The result revealed that there was significant association of level of anxiety and risk of urinary tract infection on selected demographic variables like education and marital status related to the samples

In support of these findings, Priyanka Kumari and Kundu (2022) conducted a study on Prevalence, socio-demographic determinant for hysterectomy and findings were that level of education and parity socio demographic variable are found to be statistically associated with hysterectomy in India.

CONCLUSION

The results of the study showed that there was a significant difference in anxiety and risk of post-operative complications among women undergoing hysterectomy and it is important to be treated soon because anxiety and post-operative complication may hinderance comfort of the patient's recovery outcomes. It is essential to have all the knowledge regarding hysterectomy for the client about prehend postoperative care including the risks of post operative complication. Care bundles is effective in women who had undergone hysterectomy to overcome problems related to sexual and reproductive health. And can improve the quality of life after hysterectomy and women can adapt to maintain her integrity in personal relationship by reducing level of anxiety through care bundle by health care team.

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