

A Study on Knowledge and Impact of Modified Early Ambulation on Activities of Daily Living, Functional Activity Among the Patient After Abdominal Surgery

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ABSTRACT

Introduction: Abdominal surgery is a very common surgical procedure. Early ambulation is an important component of postoperative care after abdominal. Non-randomized control group design was used. Purposive sampling technique is used to select 60 subject. The interview method using self-structured knowledge questionnaire. The pre test of Subjects 30 each in control group was taken and after few days post test was taken. In control I group maximum 89.3% had below average pre-test knowledge and none of them had good knowledge. After giving teaching programme maximum 60 no. of subject had excellent knowledge and 30% had good knowledge.

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INTRODUCTION

One of the most popular surgical procedures is abdominal surgery according to a nationwide survey conducted in the United States, digestive system operations rank among the top three surgical procedures performed. Damage to the tissues, preoperative procedures, and postoperative care can all result in postoperative discomfort. Research revealed a significant range in the frequency of post-operative symptoms, including pain (70%) and nausea and sleepiness (22%-46%), sleep disturbance (92%), dizziness (19%-31%), fatigue/tiredness (30%-93%), and vomiting (30%-40%). Additional acknowledged symptoms include depression, anxiety, dry mouth, difficulty eliminating, and lack of appetite. The first three days following surgery are the most severe, while the frequency and severity of symptoms fluctuate throughout time. It was noted that on the first day following abdominal surgery, the majority of patients experienced at least considerable

pain. surgery ranging from 65% to 90%. During the first two days, nausea and vomiting also peak, with 34% of patients vomiting and 66.5% of patients sick.

Lata sukare (2021) conducted a study to assess the effectiveness of preoperative teaching on leg exercise and early ambulation on post operative recovery of patient undergoing selected abdominal surgery in selected hospital of pune city, observation checklist and demographic with 60 sample was used with control group and experimental group. The samples were divided randomly in experimental & control group. In experimental group preoperative teaching and demonstration on leg exercise and early ambulation was given and immediately re-demonstration was taken from patient. Postoperatively from 1st to 6th postoperative day, morning and evening observation for ability of performance and recovery was done in both groups. Analysis of data in

both group revealed that preoperative teaching on leg exercise and early ambulation improves the postoperative ability of performance. It also promotes recovery by regaining independence, reducing pain, rapid wound healing, preventing complication, and reducing hospital stay.

NEED OF STUDY

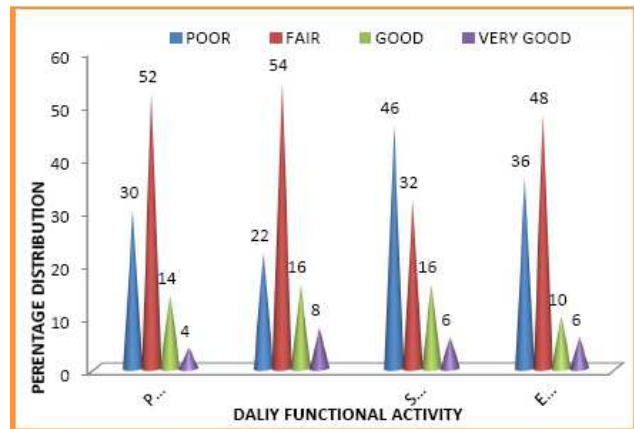
Following surgery, a patient's range of motion is frequently limited by intravenous infusions, other tubes or drains that must be carried with them when they walk. By fostering self-confidence, lowering fear and fostering a sense of involvement in treatment. Modified early ambulation helps patients avoid problems, damage and harm. Long-term bed rest has been linked to a number of negative effects, including a slowing down of the basal metabolic rate, a decrease in muscle size, strength, tone, postural changes, constipation, an increased risk of urinary tract pulmonary infections, circulatory issues like thrombosis and embolism. Due to altered physical, physiological, mental activity, as well as sleep disturbance, the person typically experiences feelings of anxiety.

MATERIAL METHOD

Non-randomized control group design was used. Purposive sampling technique is used to select 60 subject. The interview method using self-structured knowledge questionnaire. The pre test of Subjects 30 each in control group were taken and after few days post test was taken. In experimental group after taking pre test, teaching programme was given. post test was taken by using same self-structured questionnaire to assess the effectiveness of teaching programme. Collected data was analyzed by using descriptive and inferential statistics.

Result

In control I group maximum 89.3% had below average pre-test knowledge and none of them had good knowledge. After giving teaching programme maximum 60 no. of subject had excellent knowledge and 30% had good knowledge early ambulation on activities of daily living, functional activity among the patient after abdominal surgery.



DISCUSSION

The result of non-randomized study suggest that in pre test 89.2% no. of subject in control group in experimental group had below average knowledge Report similar **Nisha celement** (2018) an experimental study on effectiveness of modified early ambulation on activities of daily life and function activity and psychosocial well being among the patients undergone abdominal surgery in Bangalore. The result revealed that there was significant difference in modified early ambulation and postoperative scores in the activities of daily living, functional activity and psychological wellbeing in the study group. There is no significant difference in Relation to selected demographic variables and activities of daily living, functional activity and psychological wellbeing scores.

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