

How to Cite:

Abdul-Kareem, M., & Kadhum, S. (2022). Determination the nurses knowledge concerning discharge instruction for patients underwent uterine myomectomy at Babylon Province. *International Journal of Health Sciences*, 6(S1), 10193–10201. <https://doi.org/10.53730/ijhs.v6nS1.7401>

Determination the nurses knowledge concerning discharge instruction for patients underwent uterine myomectomy at Babylon Province

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Abstract---Myomectomy is a surgical intervention that includes the removal of fibroids located in the uterine muscle. Discharge instructions is a set of advice and directions that must be given to patients undergoing myomectomy before leaving the hospital by the nurses. This study aims to determine the extent of nurses' knowledge about discharge advice in Babylon hospitals. Descriptive study conducted at five hospitals in Babylon governorate at middle of Iraq. 117 nurses were chosen as sample of study from hospitals which selected to doing this study. The results of the study express the highest percentage of age group for the nurses among less than 30 years, most of them living in urban area and holding secondary nursing school. The majority of nurses (108) with poor knowledge as overall assessment at mean of score (23-53), while (9) of them with moderate level of knowledge at mean of score (54-75). The study recommended the need to give priority to the implementation of discharge instructions for patients before they leave the hospital by improving the nurses' knowledge on this subject through conducting scientific workshops and lectures so that they can provide the advices to patients correctly and effectively.

Keywords---Nurses, Knowledge, Discharge Instruction, Myomectomy, Babylon Province.

Introduction

Uterine fibroids also called leiomyoma's or myomas is the benign tumor composed of fibroids tissue as well as uterine smooth tissue, the term fibroid develop from

the muscle tissue of the uterus [1]. There are many types of uterine fibroids, their classification based on the size, location and shape of fibroids. They may be found outside the uterus in outer layer or within its wall in muscle layer and may be present in inner layer of the uterine. The types are subserosal (projecting outside the uterus), intramural (within the myometrium), and submucosal (projecting into the uterine cavity). The size, number, and location of the tumors affect the symptoms and treatment options [2]. Globally, uterine fibroid is the most common pelvic tumor in women of reproductive age, and at least half of those affected are asymptomatic. The global prevalence rate is 21.4 % in the 30-60-year-old age group [3]. Myomectomy is surgical procedures are the basis of current management methods, however the choice of treatment is influenced by the patient's age and desire to preserve fertility. The Myomectomy may have done via hysteroscopy, laparotomy or laparoscopy [4].

Nurses have several roles in which they perform through working providing health care begin from entering the emergency room to the hospital until the patient leaves the house [5]. One of the main roles of the nursing team is to provide discharge instructions to patients before they leave the hospital [6]. Discharge instructions are a set of directions and advice that are provided to the patient after his discharge from the hospital in order to maintain the health condition without any problems and complications [7]. After doing myomectomy the nurse guidance the patient to encourage about the importance to reduce activity level in order to minimize weariness, which can stifle healing. Advise the client to take it easy when she's fatigued and gradually raise her activity level. Educate the client on the importance of 6 weeks of pelvic rest (nothing in the vaginal canal) and instruct the client to avoid heavy lifting or straining for roughly 6 weeks [8]. One of the most important objectives of discharge teaching is to ensure that patients have the essential knowledge to execute self-care. Lack of information regarding post-operative self-care after release can lead to difficulties, and postsurgical patients frequently have self-care concerns as they prepare to leave the hospital. Nurses are essential in helping patients meet their self-care needs while in the hospital. It is considerably more difficult the following day after surgery, but it is critical that nurses provide proper education and instructions so that patients and their families can meet their self-care needs while recovering at home [9]. Sometimes the nurses need to cooperate with the doctors and the rest of the health team members in order to provide integrated health care to the patient of high quality [10], the discharge instructions deem are one of the main components to that health care that is provided to the patient while stay in the hospital, so it is necessary to pay attention to implementing and providing them for patient after performed a surgical intervention to remove uterine fibroids by increase the knowledge of nurses and promoting their awareness in this aspect [11]. The purpose of this study is to show the knowledge of nurses in Babylon hospitals about the discharge instructions which should be given to patients after performing myomectomy.

Material and Method

Descriptive study design doing in five hospitals in Babylon province in middle of Iraq from the period of 5 December 2021 to 23 April 2022. 117 nurses were chosen as sample of study from the five hospital which is adopted as a place of

study, all of them working in the maternal surgical wards at those hospitals. The researcher explains for the study sample the main purpose of conducted this study and the nurse have a right to not complete their participation in the study when they feel bored and uncomfortable, as well as a pledge that all data collected from them are treated with strict confidentiality and used for study purposes only. Official approvals to conduct this study were obtained from the Babylon Health Department / Training and Human Development Center.

The researcher built the study tool based on scientific sources and previous literature, then the consistency and reliability of the questionnaire tested through the SPSS program, based on the statistical parameter Cronbach's alpha. The validity of the questionnaire was also obtained by taking the opinions of a group of experts specialized in the same field of the study. All opinions raised by them were dealt with.

Results of Study

Table (1) express the finding of participants, the mean age is 34, the age <30 years old were recorded the highest percentage (n=46; 39.3%), the majority of nurses living in the urban residents were predominated (n=87; 74.4%), in regards with education level, the secondary school nursing recorded the highest percentage (n=82; 70.1%). Years of experience related findings, the nurses express less than 5 years' experience (n=35; 38.5%), in terms of experience in maternal surgical wards, most of nurses express less than 5 years' experience (n=74; 63.2%). Regarding work-shift, most of nurses work at morning (n=97; 82.2%), concerning training courses, most of nurses expressed no attended training sessions (n=83; 70.9%) and Sources of knowledge use by nurses, it is obvious among findings the most sources were colleagues (n=85; 72.6%).

The table (2) show the knowledge related to discharge instructions for patients undergoing uterine fibroids surgery was demonstrated at Mean $\pm$ SD=45.17 $\pm$ 5.551; and according to the total mean of score, the majority of nurses expressed a poor level of knowledge (n=108; %=92.3). While in table (3) show the correlation between knowledge of nurses about discharge instruction and their demographic characteristics, some demographics items showed correlation significant with knowledge at p value > 0.05 and another demographics items were not having association with the knowledge.

Table (1)
Distribution the Demographic Variables of Study Sample

Nurses Demographic Characteristics		
Age/years	F	%
<30years old	46	39.3
30-39years old	40	34.2
40-49years old	21	17.9
≥ 50 years old	10	8.5
<i>(Mean$\pm$ SD= 34.70+7.827)</i>		
Total	117	100.0

Address		
Urban	87	74.4
Rural	30	25.6
<i>Total</i>	<i>117</i>	<i>100.0</i>
Education level		
Secondary School Nursing	82	70.1
Diploma Nursing	21	17.9
Bachelor Degree and Above	14	12.0
<i>Total</i>	<i>117</i>	<i>100</i>
Year of experience in hospitals		
<5 years	45	38.5
5-10 years	31	26.5
11-15 years	33	28.2
>15 years	8	6.8
<i>Total</i>	<i>117</i>	<i>100</i>
Years of experience in maternal surgical wards		
<5 years	74	63.2
5-10 years	22	18.8
11-15 years	12	10.3
>15 years	9	7.7
<i>Total</i>	<i>117</i>	<i>100</i>
Work shift		
Morning	97	82.9
Evening	20	17.1
<i>Total</i>	<i>117</i>	<i>100</i>
Training sessions		
Yes	34	29.1
No	83	70.9
<i>Total</i>	<i>117</i>	<i>100.0</i>
Sources of knowledge		
Colleagues	85	72.6
Library	3	2.6
Scientific website	11	9.4
Social media	18	15.4
<i>Total</i>	<i>117</i>	<i>100.0</i>

Table (2)
Overall Assessment of Nurses Knowledge related to Discharge Instructions for
Patients Undergoing Uterine Fibroids Surgery

Weighted	Freq.	M ± SD
Poor Knowledge	108	45.17±5.551
Moderate Knowledge	9	
<i>Total</i>	<i>117</i>	

Table (3)
Significant Differences in Knowledge of Nurse related to Discharge Instructions
and their Socio-demographic Information

Variables	Source of variance	Sum of Squares	d.f	Mean Square	F	<i>p</i> ≤ 0.05
Age	Between Groups	.038	4	.013	0.416	0.742
	Within Groups	3.453	113	.031		
Assessment = No Significance						
Address	Urban	1.419 5	0.1779 7	0.843	115	0.179
	Rural	1.388 5	0.1603 3			
Assessment = No Significance						
Level of Education	Between Groups	.196	3	.098	3.392	0.037
	Within Groups	3.295	114	.029		
Assessment = Significance						
Experience at Hospital	Between Groups	.331	4	.110	3.941	0.010
	Within Groups	3.160	113	.028		
Assessment = Significance						
Experience at Maternal ward	Between Groups	.102	3	.051	1.713	0.185
	Within Groups	3.389	114	.030		
Assessment = No Significance						
Work Shift	Morning	1.4230	0.17816	1.577	115	0.102
	Evening	1.3563	0.13953			
Assessment = No Significance						
Training Courses	No	1.333 2	0.10516	10.78 2	115	0.010
	Yes	1.602 9	0.15851			
Assessment = Significance						
Sources of knowledge	Between Groups	.016	4	.005	.170	0.917
	Within Groups	3.475	113	.031		
Assessment = No Significance						

Discussion

Discussion the results of demographic characteristics in table one, regarding the age parameter, the table (1) show the highest percentage of age group were among nurses at less than 30 years' old with proportion about (39.3%) while the lowest percentage was among nurses in age group more than 50 years' old at (8.5%), this

results matching with the outcome of study performed at Amritsar city in state of Punjab/ India [12] to evaluate the knowledge of nursing staff about cervical cancer and how the nurse can deal with patient who are suffer from this disease, where the result of kaur study indicate the highest percentage of nurses among age group less than 30 years old at (63.3%). In concerning the residence, the highest rate of nurses' address was among they are living in urban area at (74.4%), this finding do not compatible with the result of study conducted in Egypt/ university of Ain Shams at nursing technical institute, college of nursing in order to determine the nursing student knowledge and attitude regarding uterine malignancy and fibroids [13], where their results denoted that the higher percentage of nurses' residence were among nursing students who are living at rural region at (78.50%).

According to the researcher's opinion on the demographic characteristics of the sample who are participating in the study, the results showed that the highest percentage of nurses are under the age of thirty years because a large proportion of the nursing team that is works in the hospitals which is direct contact with the patients in Babylon Governorate are young group, because most nurses when they are presented The elderly resort to work within the primary health care sectors, so their numbers are few in hospitals. As well as, most of them lived within urban areas, according to the geographical location of the health institutions in which they work, as it is near to their place of residence.

As well as the table (1) express the level of education for nurses who are participated in this study as high proportion among nurses group with secondary school of nursing at (70.1%), from the statistical aspect, this result is consistent with the result of a study [14] that was conducted in two hospitals located at Mosul city (Al Batool and AL-Khansaa Teaching Hospitals) to identify the level of nurses' knowledge and their practices about used the laparoscopy in gynecological disease, clarify the defect during of nurses' knowledge in gynecological laparoscopy and explain what the difference between demographic characteristics of nurses and their knowledge and practices. Where their results indicated the higher level of nurses' education was among high school of nursing at (56.4%). About the period of nurses working in hospitals which are chosen as a place for doing this study, the high percent were among the nurses with years' experience in hospitals less than 5 years at (38.5%), this results agree with the result of study [15] carried out in order to measure the knowledge, attitudes, and practice of nurses regarding prevention of cervical cancer in rural health centers III and IV in the Northern Uganda of Acholi sub-region. In other hand the years of experience in maternal surgical wards, the table (1) show the higher percentage were among nurses with work period at this area less than 5 years, statistically this findings corresponding with the result of study [16] conducted in the central of Tanzania at Dodoma Region to assess some factors that influencing in the nurses' knowledge and competence in the prevention and management of postpartum hemorrhage at maternal wards, the results of the study which is doing by this researcher reveal the highest percentage in regarding the work period in maternal wards is less than 5 years at (55.2%).

The results express the morning shift is a highest percentage for the type of nurses working shift in Babylon hospitals which are chosen as place for

conducted this study, the percent was (82.9%), the results of this study agree with the outcome of the study [17] to determine the perception of nurses toward nursing care for patients with uterine polyps undergoing for uterine laparoscopic surgery at two hospitals in Alexandria province/ Egypt, their results indicated the highest proportion of nurses regarding work shifting was (71.5%) among nurses who are working in mourning period for two hospitals who are selected for conducted this study. Regarding the training course about the nursing care for patients with uterine fibrosis, the results showed that the largest percentage of nurses did not take any training courses on this subject with an estimated percentage (70.9%), this finding concur with the result of study [18] conducted in order to identify the impact of educational session on the performance of nurses who are working in gynecological field in pre and post hysterectomy surgery, where their outcome indicated the majority of nurses who are participated in the study don't receive any training course about this subject at (92.5%).

The outcomes in table (2) showed the assessment of the overall nurses Knowledge related to discharge instructions as whole and for each aspects for patients underwent surgery of removing fibroids from the uterus, the results in this table clarified the majority of nurses who are participated in this study with poor knowledge in regard the discharge instruction and little number of them with moderate knowledge level while, no anyone with good level of knowledge. This result corresponding with the result of study [19] conducted to explain the understanding the nursing team to their action and role in providing discharge advices in Walden University at Minneapolis city in Minnesota state, the results of this study revealed there are obstacles regarding understanding the nursing role in providing discharge education for patients concerning to inadequate nurses' knowledge about this important subject. On other hand, there are results of study [20] conducted at the Sudan Heart Institute in Khartoum state to clarify the knowledge of nurses about the discharge instructions for patients after doing the cardiac surgery don't agree with the result of our study, where the finding indicated the majority of nurses with good overall nurses' knowledge about the discharge plan.

In table (3) and its subsections, the relationship between nurses' knowledge about discharge instructions and their demographic data was reviewed. The results showed there are non-significant relationship for more demographic items as following (age, address, years of experience in maternal surgical wards, work shift and sources of Knowledge), while another demographic variable (education level, years of experience in hospital and training courses). This results agree with the finding of study [20] doing at the Sudan Heart Institute in Khartoum are results of study to clarify the knowledge of nurses about the discharge instructions for patients after doing the cardiac surgery, the results of this study indicated there are non-significant relationship between some nurses' demographic characteristics and their knowledge about discharge plan.

Acknowledgement

First of all, I would like to thank Allah who gave me health and strength to accomplish this work. I would like to extend my thanks and gratitude for everyone who encourage and assist me in conducted and complete this study.

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