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## **Postoperative nursing care for patients undergoing uterine myomectomy at Babylon governorate: An observational study**

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**Abstract**--Myomectomy is a surgical procedure focus on removing the leiomyomas from the uterine cavity, these fibroids is growth that noncancerous nature manifest in uterus. Post-operative nursing care includes a set of activities and interventions that the nurse performed towards the patient after leaving the operating room, the aim of this study is to evaluate postoperative nursing care practices towards patients undergoing to myomectomy. Observational study carried out in five hospitals at Babylon governorate in order to evaluate post-operative nursing care in surgical maternal wards by observe the practices of nursing staff in this wards, 103 nurse were chosen as a sample for this study from the morning and night duties in the hospitals of Babylon province. The results of this study indicated the majority of nurse with age group less than 30 years' old, more of them with secondary nursing school, work in morning shift and no attendance to any training session regarding the nursing care in postoperative phase through the period of working in hospitals. As well as, the results showed the majority of nurses with poor practice regarding the aspect of postoperative nursing care for patient underwent to surgery for removing uterine fibroids. The study concludes most of the nurses who work in the surgical wards suffer from poor quality of practice in terms of post-operative nursing care, and this is considered to have a significant negative impact on improving the patient's health.

**Keywords**--postoperative nursing care, patients, uterine myomectomy.

## **Introduction**

Uterine fibroid is the most prevalent benign tumor of the reproductive age population. It causes significant morbidity and is the single most common indication for hysterectomy [1]. Uterine fibroids are the most prevalent tumor in women, with estimates indicating they impact over 70% of women by the time they reach menopause [2]. Fibroids are the commonest benign uterine tumors and it is estimated that they occur in 20–40% of women during their reproductive years [3]. The treatment of uterine fibroids involved several options and routes [4] with taking into consideration the size and location of the tumors, the patient's age, symptoms and desire to maintain fertility [5]. Myomectomy is a surgical intervention for the removal of uterine fibroids [6], A myomectomy is performed via laparoscopy and hysteroscopy, through an abdominal incision or through a vaginal approach. The advantage is that only the fibroid is removed; fertility is not jeopardized because this procedure leaves the uterine muscle walls intact [7]. Myomectomy relieves symptoms but does not affect the underlying process; thus, fibroids grow back and further treatment will be needed in the future [8].

Nurses are a group of people who have received an educational program in nursing sciences over a period of years to acquire the clinical skills that they use to provide health care to individuals of different ages [9]. The nurses have a crucial role in dealing with patient through various health care phases [10]. In cases of uterine fibroid surgery, the nursing team work to prepare the patient physically and psychologically in preoperative phase while during the intraoperative period the nurses work with a surgeon as surgical team and perform another role in operating theater and in postoperative phase the nurses work to monitor the patient health status and take care for vital signs and wound dressing [11]. Nurses should intervene responsibly and act as educators to ensure that patients are aware of the entire process in order to alleviate doubts, minimize anxiety, and address critical issues [12]. The effective roles of nurses in the postop period for patients in general focus on enhancement the health condition and eschewal any deterioration in health stability [13]. As well as the nurses aim to help patients reach a good level of self-care through teaching and education, so the patient will feel ready and comfortable to go out and heal away from hospital and professional help [14]. The complementary phase of postoperative nursing care includes providing health guidelines and instructions that the patient with myomectomy must follow while present in the hospital and after leaving the health facility and going to home [15]. The aim of this study is to evaluate postoperative nursing care practices towards patients undergoing to removing uterine fibroids at Babylon governorate.

## **Method and Material**

Observational study conducted at five hospitals in Babylon governorate in order to evaluate the postoperative nursing care toward patient underwent to uterine fibroids surgery by participated 103 nurses as a sample of study, all of them working in maternal surgical wards at these hospitals. During this study, the researcher is present in the women's surgery wards to observe the nurses' practices regarding the postoperative nursing care of patients undergoing to uterine fibroids surgery by using a questionnaire prepared for this purpose and

adopted as a study tool after reviewed from number of experts and use observational checklist in fill of the questionnaire domains.

The researchers submitted a request to the the Babylon Health Directorate - Training and Human Development Center to grant approval to conduct the study in the five hospitals that were chosen as the place for conducting the study. The researchers obtained the approval to carry out the study in the hospitals that were determined as a place to conduct the research (Imam Al-Sadiq Teaching Hospital, Al-Hilla Teaching Hospital, Babel Teaching Hospital for Maternal and Children, Al-Hashmiyah General Hospital and Al-Zahra Hospital) by the Training and Human Development Center in the Babylon Health Directorate.

Ethical obligations are one of the most important process that the researchers must follow when doing the study. Before the starting of gathering the data from the sample who are participating in the study, the researcher given a brief explanation about the scientific background of the research and the purpose of conducting it and what is the role of the nurses who participate in this study, to give them a complete and clear idea about the study to be carried out. On the other hand, the researcher emphasized that all nurses who are participating in the study had the right to stop being part of and they can withdraw from this study in the event that they feel uncomfortable or annoyed with some of the items in the questionnaire that was prepared as a research tool, the researcher's method of collecting data or anything else.

### **Results of the Study**

Table (1) express the results of participants in the study, the highest percentage of the age were recorded the highest percentage (n=39; 37.8%) among less than 30 years old, the majority of nurses living in the urban residents were predominated (n=74; 71.9%), in regards with education level, the secondary school nursing recorded the highest percentage (n=69; 67.0%). Years of experience in hospitals related findings, the nurses express less than 5 years' experience (n=37; 35.9%), in terms of experience in maternal surgical wards, most of nurses express less than 5 years' experience (n=58; 65.3%). Regarding work-shift, most of nurses work at morning (n=74; 71.8%), concerning training courses, most of nurses expressed no attended training sessions (n=76; 73.8%) and Sources of knowledge use by nurses, it is obvious among findings the most sources were colleagues (n=66; 64.1%).

The table (2) show the practices of nurses 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 practice (n=108; %=92.3). While in table (3) show the correlation between the practices of nurses in postoperative nursing care 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

<i>Nurses Demographic Characteristics</i>		
<i>Age/years</i>	<i>F</i>	<i>%</i>
<30years old	39	37.8
30-39years old	31	30.2
40-49years old	18	17.5
≥50 years old	15	14.5
<i>(Mean± SD= 34.70+7.827)</i>		
<i>Total</i>	<i>103</i>	<i>100.0</i>
<i>Address</i>		
Urban	74	71.9
Rural	29	28.1
<i>Total</i>	<i>103</i>	<i>100.0</i>
<i>Education level</i>		
Secondary School Nursing	69	67.0
Diploma Nursing	21	20.4
Bachelor Degree and Above	13	12.6
<i>Total</i>	<i>103</i>	<i>100</i>
<i>Year of experience in hospitals</i>		
<5 years	37	35.9
5-10 years	26	25.3
11-15 years	28	27.1
>15 years	12	11.7
<i>Total</i>	<i>103</i>	<i>100</i>
<i>Years of experience in maternal surgical wards</i>		
<5 years	58	56.3
5-10 years	20	19.4
11-15 years	14	13.6
>15 years	11	10.7
<i>Total</i>	<i>103</i>	<i>100</i>
<i>Work shift</i>		
Morning	74	71.8
Evening	29	28.2
<i>Total</i>	<i>103</i>	<i>100</i>
<i>Training sessions</i>		
Yes	27	26.2
No	76	73.8
<i>Total</i>	<i>103</i>	<i>100.0</i>
<i>Sources of knowledge</i>		
Colleagues	66	64.1
Library	9	8.7
Scientific website	12	11.7
Social media	16	15.5
<i>Total</i>	<i>103</i>	<i>100.0</i>

Table (2) Overall Nurses Practices concerning postoperative nursing care for Patients Undergoing Uterine Fibroid Surgery

Weighted	Freq.	M ± SD
Poor Practices	72	51.62±6.025
Moderate Practices	31	
<i>Total</i>	103	

Table (3) Significant Differences in Practices related to Post-Operative Nursing Care with regard to Nurses' Socio-demographic Information

Age Variables	Source of variance	Sum of Squares	d.f	Mean Square	F	<i>p</i> ≤ 0.05
Age	Between Groups	.145	3	.048	1.654	0.181
	Within Groups	3.293	100	.029		
<i>Assessment = No Significance</i>						
Address	Urban	1.6059	0.16187	1.599	115	0.413
	Rural	1.6638	0.19561			
<i>Assessment = No Significance</i>						
Educational Level	Between Groups	.007	2	.003	.110	0.041
	Within Groups	3.431	101	.030		
<i>Assessment = Significance</i>						
Years of Experience in Hospitals	Between Groups	.255	3	.085	3.019	0.033
	Within Groups	3.183	100	.028		
<i>Assessment = Significance</i>						
Years of Experience in Maternal wards	Between Groups	.053	2	.026	.892	0.037
	Within Groups	3.385	101	.030		
<i>Assessment = Significance</i>						
Work Shift	Morning	1.6342	0.17086	1.879	115	0.290.
	Evening	1.5557	0.16749			
<i>Assessment = No Significance</i>						
Training Courses	No	1.6084	0.20919	0.495	115	0.043
	Yes	1.6258	0.15564			
<i>Assessment = Significance</i>						
Sources of Knowledge	Between Groups	.145	3	.048	1.654	0.181
	Within Groups	3.293	100	.029		
<i>Assessment = No Significance</i>						

### Discussion of the Results

Regarding the age parameter, the table (4-1) show the highest percentage of age group were among nurses at less than 30 years' old with proportion about (37.8%) 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 Babylon governorate/ Iraq [16] to evaluate the awareness of nurses about detection of tuberculosis, where the result of study indicate the highest

percentage of nurses among age group less than 30 years old at (57.5%). In concerning the residence, the highest rate of nurses' address was among they are living in urban area at (71.9%), this finding do not compatible with the result of study conducted [17] 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, where their results denoted that the higher percentage of nurses' residence were among nursing students who are living at rural region at (78.50%).

As well as the table (4-1) 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 (67.0%), from the statistical aspect, this result is consistent with the result of a study that was conducted [18] 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 (35.9%), this results don't agree with the result of study carried out in order to determine the attitudes of nurses about working in emergency departments at Babylon governorate [19]. 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 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 [20], 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 period of work experience of the nurses who are participating in the study in the hospital and the women surgical wards was the highest among those who have work experience less than five years. The presence of this result according to the researcher's opinion is attributed to several reasons, including the existence of the medical gradation law in the Iraqi health system, this law which is requires the nurses after completing a two-year service in the hospitals to going to the primary health care sectors to accomplished their service which is assigned to them in those sectors.

The results in table (1) 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 (71.8%), the results of this study agree with the outcome of the study performed [21] 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 (73.8%), this finding concur with the result of study conducted [22] in order to identify the knowledge and attitudes of nurses about postoperative pain management, where their outcome indicated the majority of nurses who are participated in the study don't receive any training course about this subject at (61.6%). Regarding the source of knowledge that the nurses gained about the uterine fibrosis, their answers is a varied between the different sources of knowledge. The results in table (1) showed that the highest percentage of knowledge acquisition for nurses who are participating in the study was from colleagues with a rate of (64.1%).

The table (2) express the overall of nurses practices about postoperative nursing care for patient underwent for removed uterine fibroid surgery. The results in this table showed the majority of nurses with poor practice regarding postoperative care, this results corresponding with the results of study [23] doing to identify the level of nurses' practice regarding care of patient with fracture treated by external fixation at Al-Zahrawi surgical hospital in Nissan Governorate. The results revealed the nurses who are participated in the study with low practices level regarding postoperative nursing care.

In table (3) and its subsections, the relationship between the practices of nurses' about postoperative care for patient have surgical intervention for removing fibroid from the uterus and their demographic data was showed. The findings of this table indicated there are a significant relationship between nurses' practices in postoperative phase and their demographic characteristics for following (education level, years of experience in hospital, years of experience in maternal surgical wards and training courses), while another demographic data (age, address, work shift and sources of knowledge). This result coincide with the results of study [24] aims to identify the level of competence and nursing practices for nursing team in terms of the extent to which they are compared with standards of the nursing activities in surgical wards about wound dressing in Medical City at three hospitals; (Baghdad Teaching Hospital, Al-Shahid Ghazi Hariri for surgical specialties, and nursing home hospital), the results of the study revealed there are significant relationship between nurses practices and their demographic characteristics, while non-significant relationship related another demographic data.

## **Conclusion**

This study concluded that the majority of the nurses who participated in the study are under the age of thirty years, holding a nursing secondary school, the duration of their work in women's surgery wards is less than five years and most of them work in the morning shift. Regarding the postoperative nursing care, the majority of the nurses were suffering from a low level of practices during given postoperative nursing care, this matter deems negative affect on the patient's health and the quality of nursing care which is provided to patients.

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