

Assessment of Health education which is provided to Postoperative Patients with Gallstone "Obstructive Jaundice"

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الخلاصة:-

البحث هو دراسة وصفية يهدف الى تقييم المعلومات الصحية المقدمة من قبل الممرضات للمرضى المصابين بالتهاب المرارة (اليرقان الانسدادي). اجريت الدراسة في اربع مستشفيات تعليمية في بغداد وهي مستشفى الكرامة التعليمي/مستشفى اليرموك التعليمي/مستشفى الكندي التعليمي مستشفى بغداد التعليمي والتي تتوافر عمليات رفع المرارة بها للفترة من الاول من حزيران ولغاية نهاية تموز ٢٠٠٤. جمعت المعلومات عن طريق استخدام تقنيات التقييم التمريضي وشملت الاسئلة الاستبائية، المقابلة الشخصية والتي اجريت لغرض اجراء البحث. اختيرت عينة غير احتمالية (غرضية) من (٥٠) ممرض وممرضة والذين يتعاملون مع مرض حصى المرارة (اليرقان الانسدادي).

اوضحت النتائج التي توصلت اليها الدراسة ان هناك علاقة ذات دلالة معنوية قوية بين الجنس/المستوى الثقافي للممرضات ومدى تقديمهم للارشادات الصحية للمرضى المصابين بحصى المرارة (اليرقان الانسدادي) اوصت الدراسة باجراء دورات تعليمية كافية ومتعددة للممرضات اللواتي يقدمن العناية التمريضية لمرضى حصى المرارة.

Abstract

A description study was carried through out the present study aimed to assess health education provided by nurses to patient with gall stone "obstructive jaundice".

The study was conducted at 4 teaching hospital, Baghdad teaching hospital, Al-Karama teaching hospital, Al-Yarmook teaching hospital, Al-Kendy teaching hospital where cholecystectomy was performed, in the period from first of June 2004 to end of July 2004. Data were collected through the use of questionnaire an interview from which was developed for the purpose of the present study. A non-probability (purposive) sample which was consisted of (50) nurse who were dealing with patients who had cholecystectomy.

The main result of the study revealed significant association between nurse's gender, education level and their providing of health education about gall stone "obstructive jaundice" to the patients

Introduction

Cholelithiasis (calculi) usually form in the gall-bladder from the solid constituents of bile & vary greatly in size, shape & consistency.

Cholecystitis also defines as acute or chronic inflammation of the gall bladder, most commonly associated with cholelithiasis.

Gallstone is uncommon in children & young adults but become increasingly prevalent after age 40.

The incidence of cholelithiasis increases thereafter to such an extend that it has been estimated that by the age of 75 one of every three persons will have gallstones⁽⁴⁾.

The patient will require teaching about medication which are required (vitamins, anticholinergics, antispasmodics) & why they are given.

He also should be aware of symptoms that are reportable to his physician such as jaundice, dark urine, pale-colored stools, purities, or signs of inflammation, such as pain or fever, follow-up visits are essential for this patient⁽⁴⁾.

The diet of these patients may be high carbohydrates & proteins, low in fats. The patients themselves usually refuse to eat fatty foods because of the nausea that

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follows⁽⁹⁾. Moreover the patients must stop smoking to prevent complication which may occur postoperatively.

The nurse plays an extremely important role in teaching the patients with cholelithiasis (obstructive jaundice). Patients & their families required vast amount of information to understand the necessity of education postoperatively in order to maintain health & avoid complication associated with cholecystectomy. The study aimed to assess health education provided by nurses to patients with gallstone "obstructive jaundice" post operative and to find out the association between the nurse's gender level of education & the nurse's health education providing about patients with gallstone.

Methodology

A description design was conducted in Baghdad teaching hospital, Al-Karama teaching hospital, Al-Yarmook teaching hospital, and Al-Kendy teaching hospital where cholecystectomy was performed during the period (June, 2004 – July, 2004).

A non-probability (purposive) sample which was consisted of (5) nurses who were dealing with patients who had cholecystectomy.

A pilot study was carried out including (10) nurses, the pilot study did not lead to any changes in the design of the questionnaire and therefore these results were included in the main study to determine the reliability of the scale test-retest was done ($r = 0.83$).

Data were collected through the use of questionnaire from which was developed for the purpose of the present study. Interview technique was employed as mean of data collection.

The pilot study did not lead to any changes in the design of the questionnaire and therefore these results were included in the main study to determine the reliability of the scale test-retest was done ($r=83$).

Data were analyzed through the following statistical approaches: (descriptive data analysis, frequency, percentage) and (inferential data, chi-square).

Results

Table (1): Distribution of the sample characteristics

Characteristics of the sample	Frequency	%
1. Gender:		
Male	28	56
Female	22	44
2. Age		
20-25 years	3	6
26-30 years	15	30
31-35 years	8	16
36-40 years	8	16
41-45 years	8	16
46 <	8	16
3. Educational level		
Secondary school graduate	15	30
High school graduate	17	34
High institute graduate	17	34
College and over graduate	1	2
4. Years of experiences		
Less than 1 year	1	2
1-5 years	19	38
6-10 years	6	12
11-15 years	6	12
More than 16 years <	18	36

The above table shows that the majority of the sample were aged (26-40) years old who were accounted 30%. The study result indicate that equal number of nurses had

high school graduate and high institute graduate who were accounted for (34%) of the staff nurses.

Table (2): Health education provided by the nurses to the post-operative patients with gallstone "obstructive jaundice" post operative

Items of nurse's knowledge about "gallstone" obstructive jaundice: health education post operative.	Yes		No	
	Freq.	%	Freq.	%
1. Information concerning high protein and high carbohydrate	35	70	15	30
2. Advantage of taking the prescribed medications (especially multivitamin)	50	100	0	0
3. Advantage of visiting the hospital "follow-up appointments".	47	94	3	6
4. Recognize the sign and symptoms of infection.	49	98	1	2
5. Avoid lifting heavy thing for 6 weeks.	47	94	3	6
6. Monitor and report color, amount, and consistency of stool and urine.	40	80	10	20
7. Information concerning continue care of the T-tube.	35	70	15	30
8. Know the action, side effects, and scheduling of medications.	49	98	1	2
9. Stop smoking.	49	98	1	2
10. Information concerning exercise regularly.	43	86	7	14
11. Maintain normal body weight.	40	80	10	20
12. Monitor and report color of sclera and skin for any sign and symptoms of jaundice.	46	92	4	8
13. Information relative to the importance of avoiding fat for 4 weeks than adhere to a low-fat diet for 6 weeks.	44	88	6	12

Table (2) shows that the most nurses had provided the patients with information concerning advantage of teaching the prescribed medications (especially multivitamin) (100%). The result indicate that equal number of nurses had explained the recognize the sign and symptoms of infection, action, side effects and scheduling of medications and stop smoking who were accounted for (98%) of the staff nurses.

Table (3): Association between the nurse's gender and their providing knowledge towards gallstone, "obstructive jaundice" as a health education postoperative

Nurse's knowledge Gender	Yes	No	Total
	Freq.	Freq.	
28 Male	302	62	364
22 Female	272	14	286
Total	574	76	650

X^2 obs. 22.85 df = 1 X^2 critical 3.841 $P \leq 0.05$

The findings of this table indicated that there was significant association between nurse's gender and their providing knowledge towards "gallstone" obstructive jaundice as: health education.

Table (4): Association between the nurse's educational levels and their providing knowledge towards gallstone "obstructive jaundice" as health education postoperative

Nurse's knowledge Educational level	Yes	No	Total
	Freq.	Freq.	195
15* secondary school graduate.	183	12	221
17* High school graduate	208	13	221
17 High institute graduate	170	51	221
1* college and over graduate	13	0	13
Total	574	76	650

X^2 obs. 42.481 df = 3 X^2 critical = 7.815 $P \leq 0.05$

This table revealed that nurse's level of education was significantly associated with their providing knowledge structure towards "gallstone" obstructive jaundice as a: Health education.

Discussion

The data analysis had revealed that (56%) of the staff nurses were male and the remaining were females. Most of them were (26-30) year old (table -1).

Relative to their educational status, those who were high school graduates and high institute graduate accounted for (34%).

The remaining were secondary school graduate (30%) while only (2%) of the sample were college and over graduate.

Most of the nurses had knowledge concerning high protein and high carbohydrate (70%) and they provide it to patients with gallstone (Table 2).

The nurse should be told that their diet of these patients may be low in fats and high in carbohydrates and protein⁽⁵⁾. The patients themselves usually refuse to eat fatty foods because of the nausea that follows.

Relative to the statement of the advantages of taking the prescribed medication (especially multivitamin), (100%) of the nurses provided health education about this item. The patient should know what medication are required (vitamins, anticholinergics and antispasmodics) and why they are given⁽⁵⁾.

Concerning the advantages of visiting the hospital follow up appointment and avoid lifting heavy thing for 6 weeks it was found that equal number of nurses who had this knowledge and they provide it were accounted (94%) of the sample.

Jone, et al, pointed-out that even though the gall bladder has been removed surgically, it is possible that the liver may still produce lithogenic bile, hence recurrent stones may develop in some people.⁽⁶⁾

For this reason especially in working with older people who have a higher complication rate, it is important for the nurse to stress the importance of follow up health care.

The patient should try to avoid excessive fatigue and should not lift heavy objects for about 4 weeks to avoid disruption of the abdominal incision.

In regard to item (4) which was concerned with recognition of the signs and symptoms of infection, the result indicated that there was (98%) of the sample had such information. It was stated that the nurse is responsible for explaining and instructing the patient signs and symptoms of infection such as pain or fever⁽³⁾.

The study results indicated that equal number of nurses had provided health education about action side effects scheduling of medication and stop smoking who were accounted for 98% of the staff nurses. Boyd and Tower (1993) pointed out that the

postoperative teaching goals instructions to the patients and family to stop smoking and to know the action, side effects and scheduling of medication.

The results also indicated there was only (70%) of the sample who had information and instruction and given to the patients concerning continue care of the T-tube⁽¹⁾.

In regard to item (6) which was concerned with monitor and report color, amount and consistency of stool and urine the results indicated that there was 80% of the staff nurses who provide information concerning this item.

In addition there was (92%) of the nurses who had known that color of sclera and skin is sign and symptoms of jaundice. The nurse working with patient can assist the individual and family in dealing with these problems by clarifying information and jaundice, darkurine pale-colored stools, pruritus⁽⁷⁾.

The study results also, indicated that (86%) of nurses had give to the patients information. Concerning exercise regularly, Black and Jacobs pointed out the establishment of working relationship among the nurse, the client and family over a period and influence compliance.⁽²⁾

Recommendations

- 1- Presenting then with scientific booklet on health education about gall stone” obstructive jaundice postoperative.
- 2- Further studies should be done on large sample.
- 3- Refreshing course for nurses according to the teaching advance in management of patient care.

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