

A STUDY TO ASSESS THE EFFECTIVENESS OF PLAY INTERVENTION ON POST-OPERATIVE PAIN AMONG THE CHILDREN WITH (3-6 YEARS) WITH ABDOMINAL SURGERY IN SANGLI, MIRAJ, KUPWAD CORPORATION AREA

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ABSTRACT

Children undergoing surgical procedures experience postoperative pain leading to negative behavior related to stress and anxiety. Play intervention has been used to mentally prepare hospitalized children for surgical procedures for decades. The aim of this study was to assess the effectiveness of therapeutic play intervention in reducing postoperative pain in children undergoing surgery. Study included 30 children from selected surgical paediatric unit of Sangli Miraj Kupwad corporation area. Level of postoperative pain was assessed in experimental and control groups. Data was analysed by using various statistical tests that is percentage, mean and standard deviation to test

hypothesis. Statistically significant change in level of postoperative pain was observed in experimental group.

OBJECTIVES: To assess the post-operative pain level of children in experimental group. To evaluate the effectiveness of play intervention in reducing post-operative pain of children in experimental group.

KEY WORDS: Play therapy, children, post-operative pain.

INTRODUCTION

Pain relief is a human right, yet pain in children is an under recognized problem around the world. Children not only have pain from injuries, surgery, burns, infections but also from many procedures and investigations used by doctors and nurses to investigate and treat disease. Even new born and premature babies feel pain. Current advances are being made to

control pain by integrating both the science of medication and the science of human mind. Various psychological techniques, including distractions by virtual reality environment playing of games are being employed to treat pain. Non-directive play therapy looks at play as a healing process. It gives the child the opportunity to 'play out' feelings and problems and learns about themselves in relation to the therapist. It allows for the acceptance of the child without judgment or pressure to change. Play is the child's natural medium for expression and in play intervention. All children in the post surgical recovery room should be regularly assessed for the presence of pain its intensity and its cause, titration of analgesia to control pain and documentation of the efficacy and adverse effect of pain management should be routine in all age groups regardless of the adopted scoring system. The assessment should be repeated regularly, appropriate interventions should be prescribed and their effectiveness in reducing the pain severity should be regularly documented, in which the play therapy also plays an important role in reducing the intensity of pain among toddlers and children. The important responsibility of health care providers is to reduce the severity of pain, by reducing the intensity and frequency of pain and by promoting positive coping mechanisms. Thus the health care providers can improve the child.

OBJECTIVES

- To assess the post-operative pain level of children in experimental group.
- To evaluate the effectiveness of play intervention in reducing post-operative pain of children in experimental group.

RESEARCH METHODOLOGY

The methodology of research indicates the general pattern for organizing the procedure valid and reliable for an investigation. This chapter deals with methodology adopted for evaluating the effectiveness of play interventions on level of pain among children with abdominal surgery. It includes the description approach, research design, variables study, setting, population, sample and sampling techniques.

RESEARCH DESIGN

The research designs the plan structure and strategy of investigation of assessing the level of pain. Quasi experimental post-test design were use for the present study.

RESEARCH SETTING

Samples for experiment group were taken from Dr. Sudhakar Jadhav paediatric surgical hospital were having average capacity of 15 patients. Samples for control group were taken from Dr. Hombalkar hospital Miraj were having average capacity of 15 patients.

POPULATION

Population is defined as the entire set of individual or objectives having some common characteristics. In this study 3-6 years of children those who are admitted and who have undergone abdominal surgery.

SAMPLE

Sample is defined as careful selection subset of the population that represents the composition of that population. The samples are children who are under 3-6 years age group. Who are admitted in selected paediatric hospital.

SAMPLE SIZE

Sample comprises to 15 children in experimental group and 15 in control group.

SAMPLING TECHNIQUE

In this study the sampling technique is used that is non-probability purposive sampling technique.

RESULTS AND DISCUSSION

Table No:1 Experimental group pre-test score n =15.

	Day I		DAY II		DAY III	
	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
Mild (0-3)	8 (53%)	3(20%)	3 (20%)	2 (13%)	3 (20%)	4 (27%)
Moderate (4-7)	2(13%)	5 (34%)	3 (20%)	10 (67%)	2 (13%)	9 (60%)
Severe (8-10)	5(34%)	7 (46%)	9 (60%)	3 (20%)	10 (67%)	2 (13%)

Table NO. 2: Pain assessment in control group n=15.

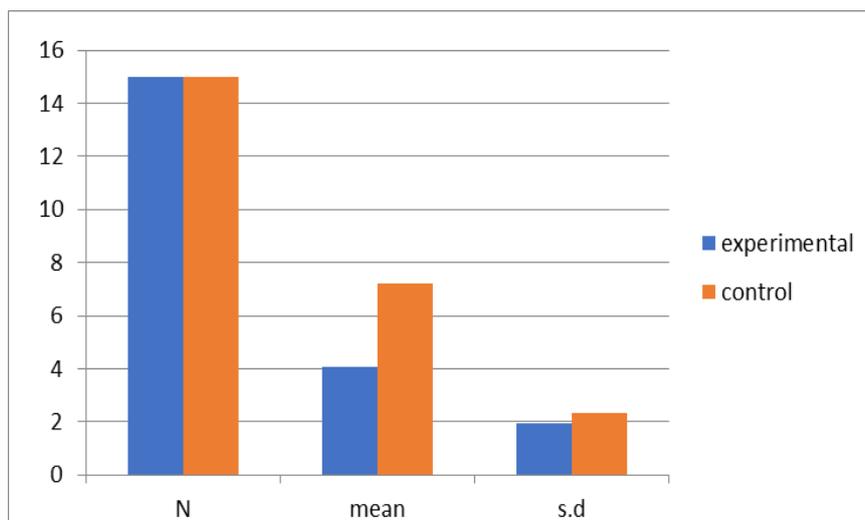
Grading	Frequency	Percentage (%)
Mild(1-3)	2	15%
Moderate(4-7)	4	29%
Severe(8-10)	8	56%

Table No. 3: Pain assessment in experimental group n=15.

Grading	Frequency	Percentage (%)
Mild(1-3)	6	40%
Moderate(4-7)	9	60%
Severe(8-10)	0	0%

Table No. 4: Comparison of pain level between experimental & control group n=30.

Group	Mean	Standard deviation	P value
Experimental	4.0	2.3	0.01
Control	7.2	1.9	

**Fig. No. 1: Comparison of pain level between experimental & control group.****RECOMMENDATIONS**

1. A similar study can be done on a large sample for better generalization of findings.
2. A similar study can be conducted by implementing any other forms of play intervention.
3. A similar study can be done in children with same surgery.

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