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RESEARCH ARTICLE

A STUDY ON EFFECTIVE POST-OPERATIVE CARE IN EMERGENCY/ELECTIVE LSCSPATIENTS

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Manuscript Info

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Abstract

Aim: This study has the main objective to recognise the effectiveness of post-operative care for emergency/elective LSCS patients.

Design: Cross-sectional study

Methodology:

Sample size: 100 patients.

Inclusion Criteria: Post-operative patients following Emergency/Elective LSCS.

Procedure: The current study is a hospital based cross-sectional study conducted in a Tertiary Care hospital. It is a questionnaire based study. Informed consents were obtained from patients and only those who were willing to participate in the study were keenly observed during their postoperative period and the post-operative care given to them were noted. On the day of discharge patients were asked to fill the questionnaire which contains questions related to post-operative care following LSCS.

Study duration: 4 months.

Results: The study population included 100 post operative participants following emergency or elective LSCS. On providing high skilled post operative care in a sequential manner, the patients improved symptomatically better without developing any post operative complications. It was also found that following proper post op care reduced morbidities and the duration of hospital stay.

Conclusion: When proper post operative care is provided in a systematic way, the patient would improve symptomatically in a better manner. With proper post op care in hospital followed by regular follow ups we can prevent many post op complications including Surgical Site Infections, UTI, DVT, etc.

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Introduction:-

A Lower Segment Caesarean section is the most commonly used type of Caesarean section. There are two types of Caesarean section- Classical and Lower segment, out of which lower segment is preferred by most of the patients. Caesarean sections are associated with short as well as long term risks which can extend many years beyond the current pregnancy. Caesarean section may be associated with an increased risk of Caesarean section related morbidity, abdominal pain, hysterectomy, ureteral tract and vesicle injury, neonatal respiratory morbidity, fetal death, placenta accreta/percreta and also uterine rupture.

Caesarean section is one kind of surgical process that is generally used in the delivery case by incision on the uterus and abdomen. Nowadays 32% of the mothers prefers the surgical delivery(1).The goal of a postoperative care is to ensure proper healing of the wound as well as to ensure there is no maternal pain, post-operative infections, and DVT. Proper Post-Operative care also includes breastfeeding immediately after birth and also ensuring Mother-to-baby contact. This method provides proper care for preterm babies.Only Breast milk should be encouraged and no complementary feeding should be done.Post-Operatively patients are treated with broad spectrum antibiotics and proper pain management to increase the positive outcomes of patients hospitality.Proper removal of venflon reduces the possibility of occurrence of Thrombophlebitis.

Ineffective Post-Operative care following emergency/Elective LSCS results in foul smelling discharge from the suture site, prolonged pain, sepsis and wound gaping. The occurrence of deliveries in Lower segment caesarean section has sharply increased over years, Caesarean section carries 5-10 fold increase in surgical site infections after UTI. The SSI following caesarean section causes delayed recovery, prolonged hospitalisation, readmission(2). Early mobilisation is a widely practiced and important component of postoperative care(3).The study period has been done to assess the effectiveness of postoperative care in Emergency/Elective LSCS patients.

Study Methodology or Procedure:-

The current study is a hospital based cross-sectional study conducted in a Tertiary Care hospital. It is a questionnaire based study. Informed consents were obtained from patients and only the patients who were willing to participate in the study were keenly observed during their postoperative period and the post-operative care given to them were noted.On the day of discharge patients were asked to fill the questionnaire which contains questions related to post-operative care following LSCS.

Sample size:

100 patients.

Inclusion criteria:

Post-operative patients following Emergency/Elective LSCS.

Ethical considerations:

Information obtained for the purpose of study will be completely kept confidential. The study will be conducted after obtaining approval by the Institutional Human Ethics Committee. 3.Confidentiality of the patient will be maintained and under no circumstances will the patient information be revealed. Patient has the right to decide whether to continue participating in the study or withdraw anytime. If the patient decided to withdraw from the study, there will be no compromise in the level of care provided to her by the healthcare workers.

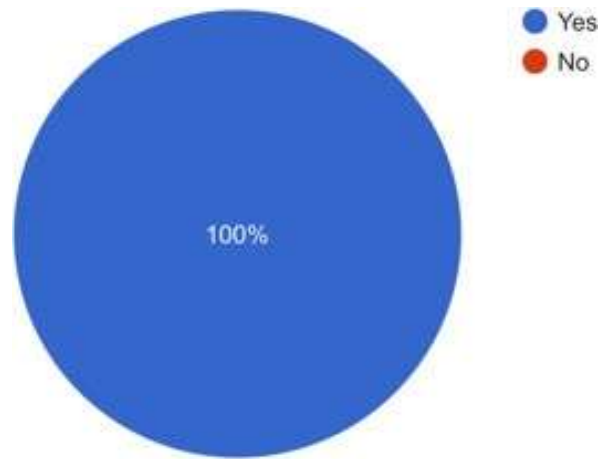
Post-operative care for the patient is given for 7 days.This includes :

- Day 0- Observation for the first 6-8 hours is important. Fluid like Sodium chloride (0.9%) or Ringer lactate is continued. Inj.Oxytocin 5 Units IM and IV is given. Prophylactic antibiotics for all caesarean deliveries is given for 2-4 doses. Mother is encouraged to breastfeed after 3-4 hours after surgery. Blood transfusion is helpful in anaemic mothers and if blood loss is more than average during operation. -Day 1- Liquid diet is given , bowel sounds are observed at the end of the day. -Day 2- Softsolid diet is given, adequate hydration is essential.Spicy and Oily foods are avoided. -Day 7 – Abdominal sutures are removed. The patient is discharged on the day following removal of sutures.

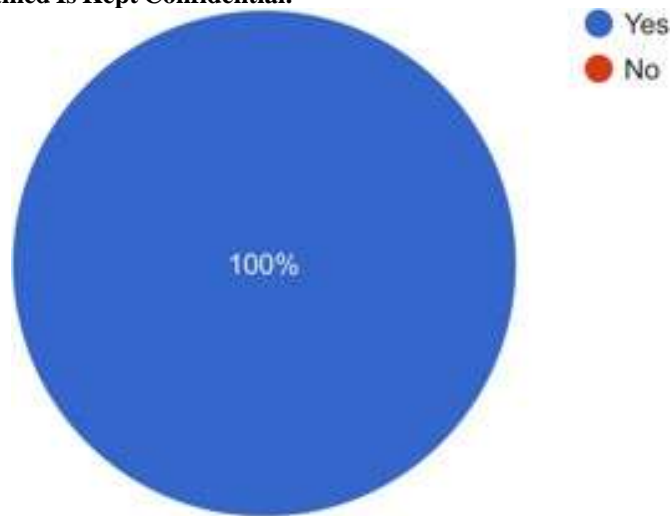
Results:-

The Results of the questionnaire are:

1. Explained The Procedure Thoroughly.

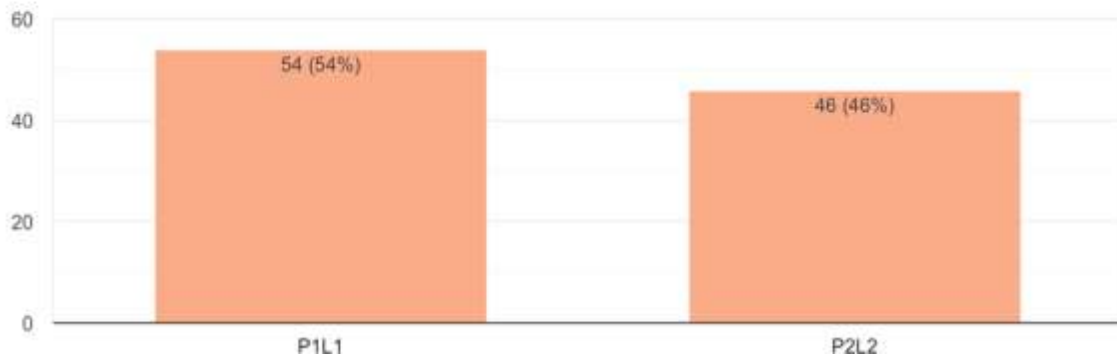


2. The Information Obtained Is Kept Confidential.



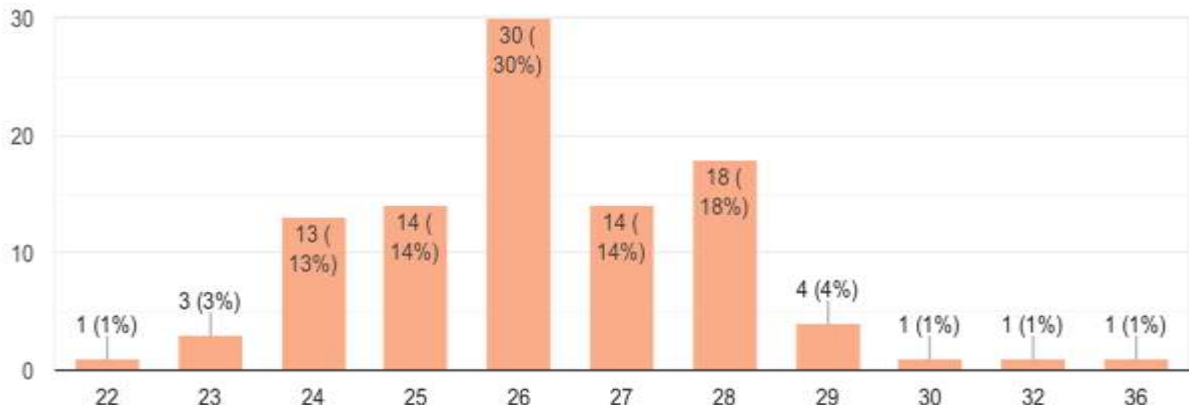
3. Parity Index :
Parity index

100 responses

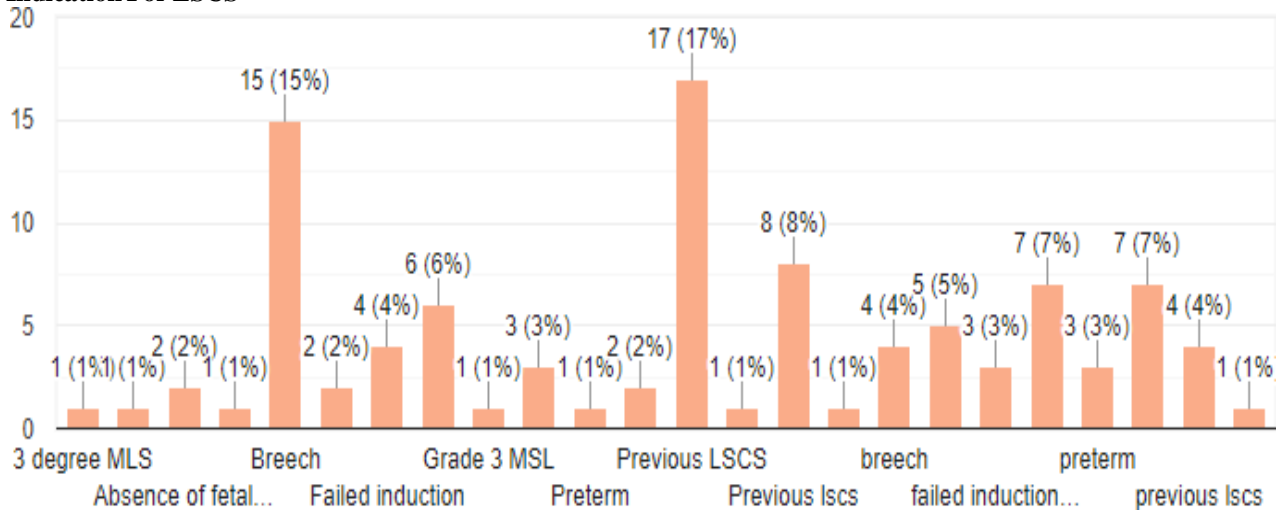


4. Age:
Age

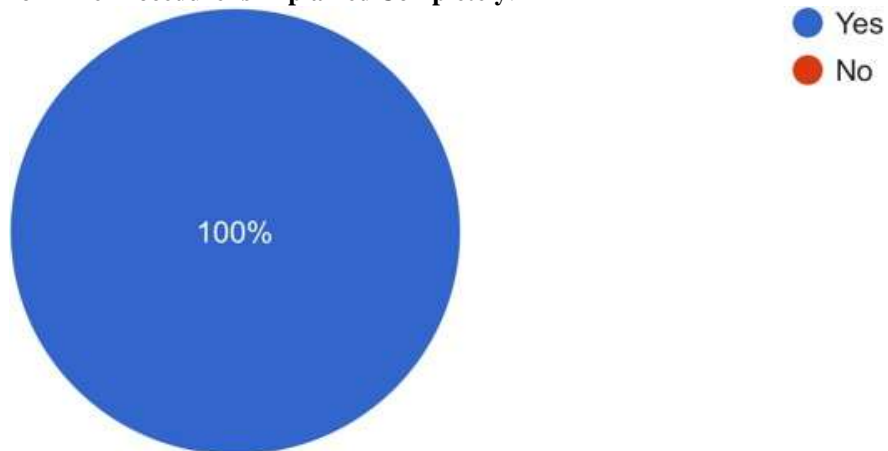
100 responses



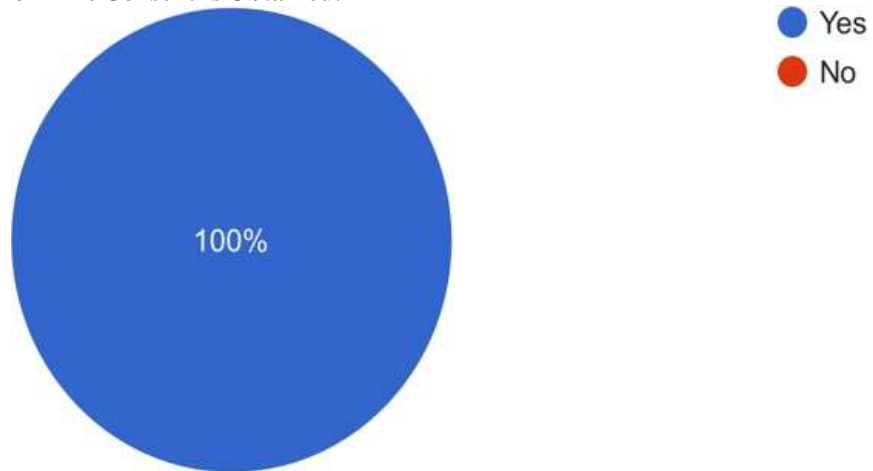
Indication For LSCS



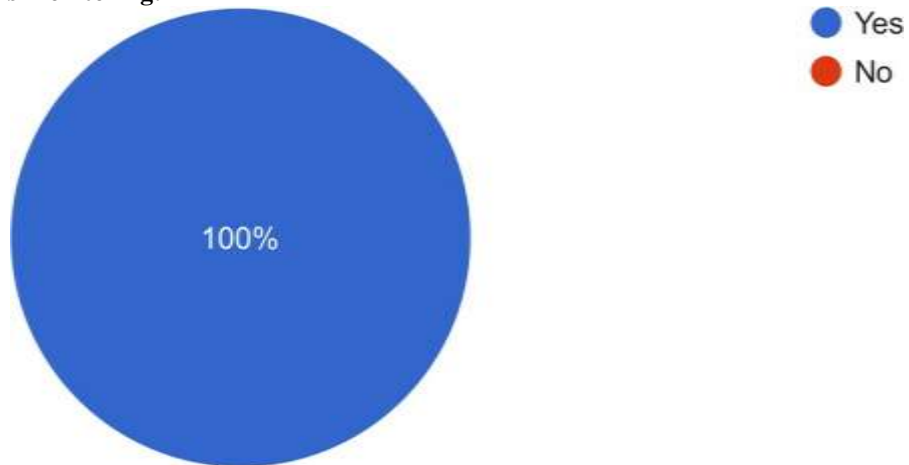
6. Patient To Whom The Procedure Is Explained Completely:



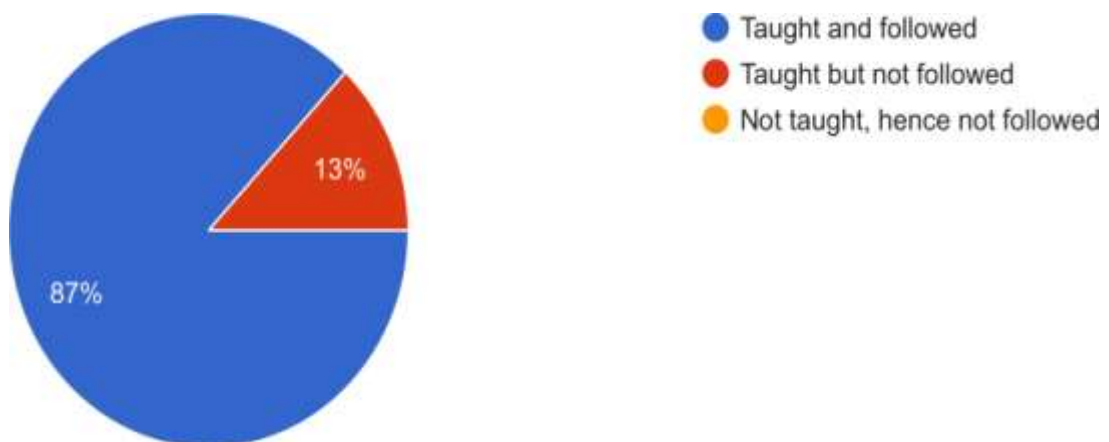
7. Patient To Whom The Consent Is Obtained:



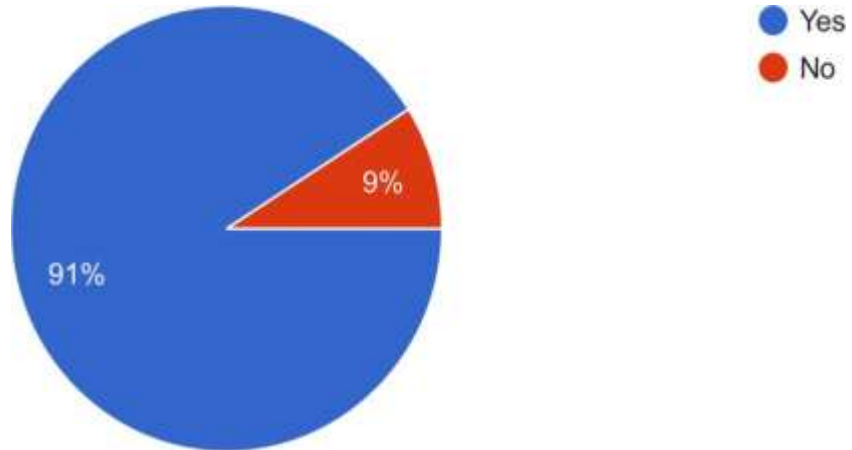
8. Proper Vitals Monitoring:



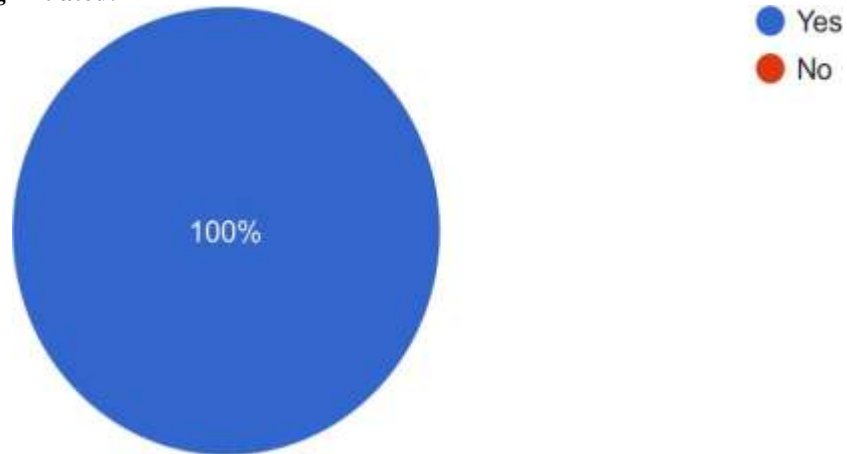
Physiotherapy



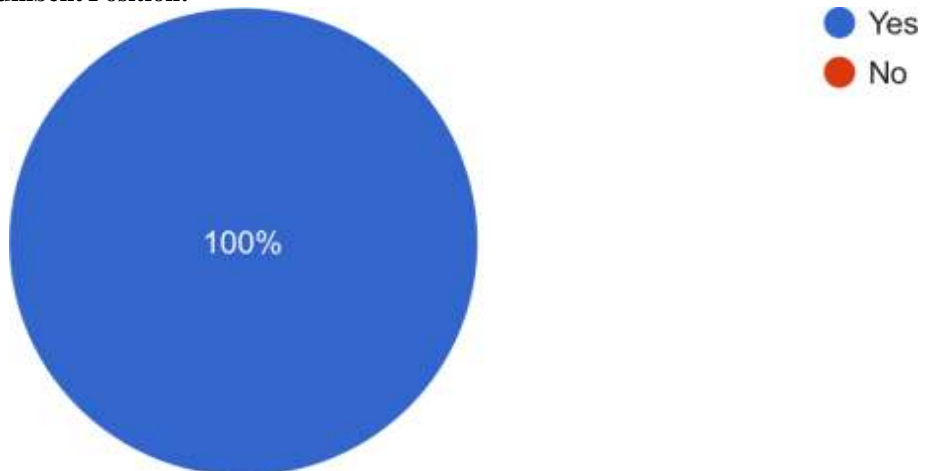
10. Ambulation:



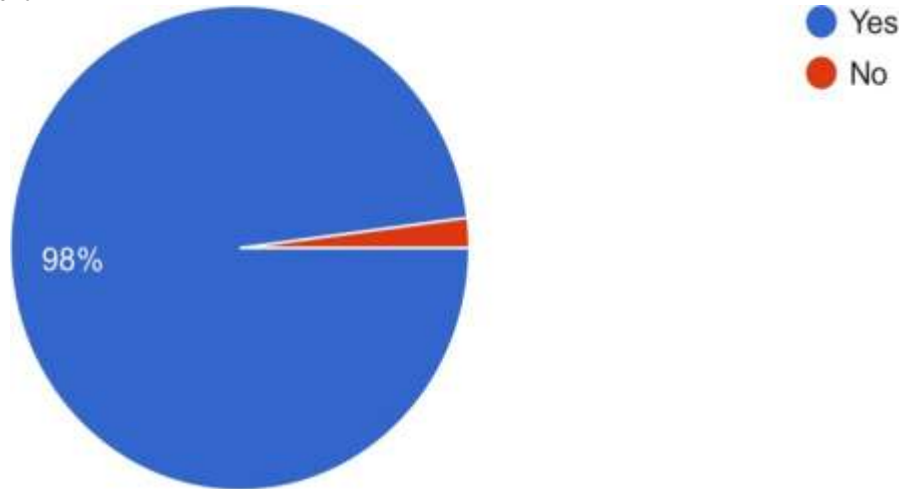
11. Breastfeeding Initiated:



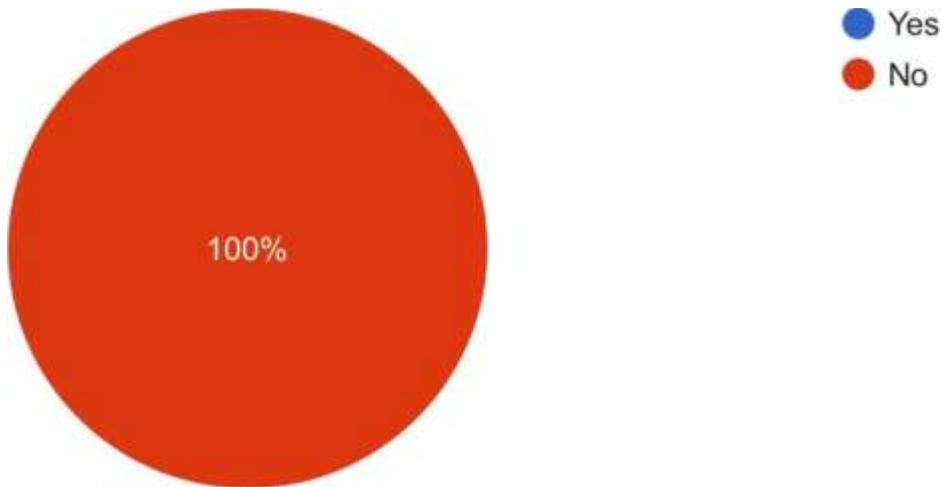
12. Semi-Recumbent Position:



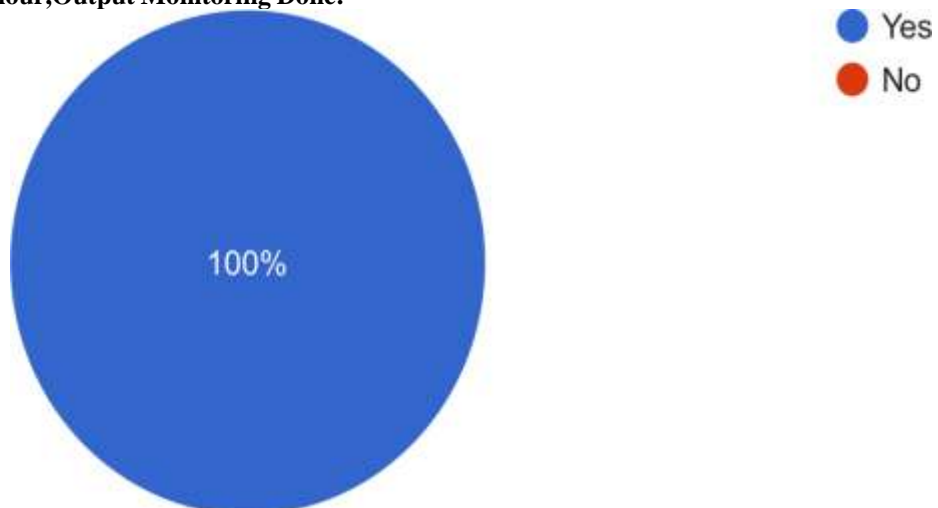
Pain Management



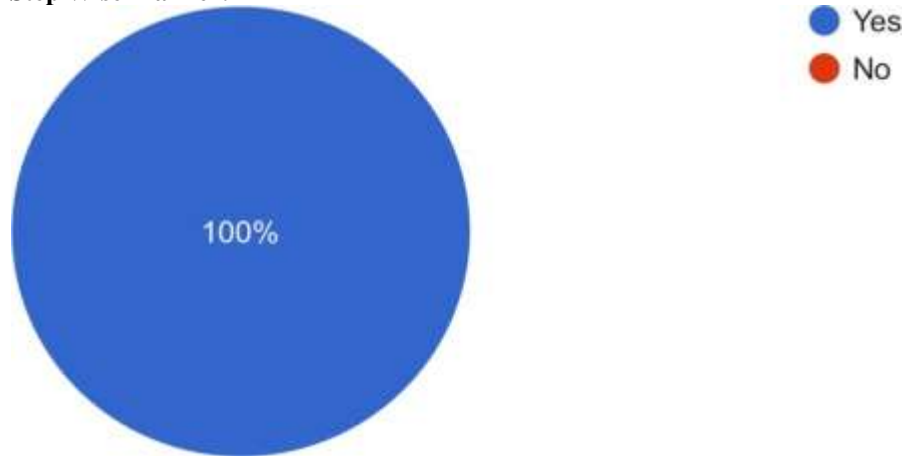
14. Lochia:



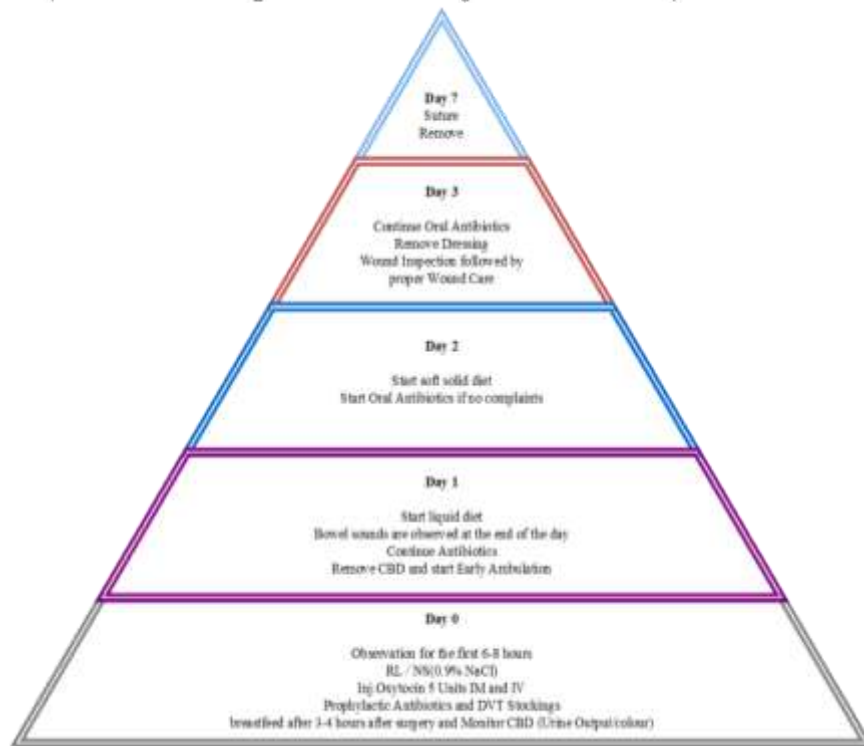
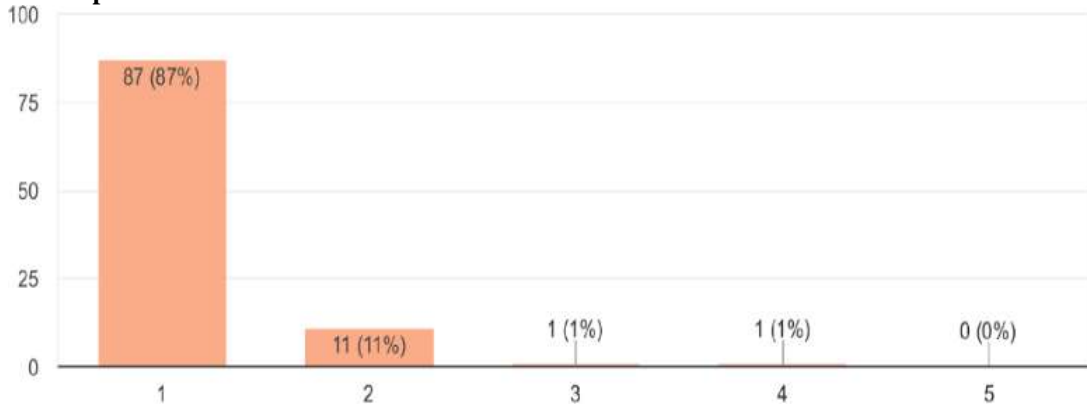
15. Urine Colour,Output Monitoring Done:



16. Feeds In A Step Wise Manner:



Overall Post-Operative Care



Discussion:-

This study population includes 100 post operative patients admitted for emergency/elective LSCS in a tertiary care hospital.

Effective Post-Operative care causes better and proper wound care, free of surgical site infections which reduces the patient's morbidity and mortality. In recent years, due to increase in occurrence of Elective / Emergency Lower segment Caesarean sections, post-operative pain has become more concerned. Proper pain management using appropriate analgesics reduces the pain for patients. Ensuring Proper breast feeding provides proper nutrient care to baby for at least 6 months and provides excellent immunity due to presence of IgA. It also reduces the occurrence of breast, ovarian carcinoma in mothers. Early ambulation within 6-12 hours reduces the chance of mothers developing Deep Vein Thrombosis.

Effective postoperative care includes Monitoring Vitals in case eclampsia or pre-eclampsia patients. Patients are enquired about their bowel movements to rule out various intestinal conditions. Cleaning the incision site with hot water compressions helps to reduce the occurrence of discharge. Proper post-operative care also includes getting a proper treatment for ailments like seizures, thyroid related issues. Hence, proper post-operative care should be applicable to all the Natal patients to reduce the incidence of Maternal and neonatal mortality and morbidity.

Conclusion:-

When proper post operative care is provided in a systematic way, the patient would improve symptomatically in a better manner. With proper post op care in hospital followed by regular follow ups we can prevent many post op complications including Surgical Site Infections, UTI, DVT, etc.

Reference:-

1. Effectiveness Of Standard Post Operative Care On Post Operative Outcome Among Women Who Had Undergone Lscs In Selected Hospital At Delhi: A Pilot Study.
2. Study Of Incidence And Risk Factors Of Surgical Site Infections In Lower Segment Caesarean Section Cases Of Tertiary Care Hospital Of North India
3. A Study to Assess the Effectiveness of Early Ambulation on Selected Aspects of Post Operative Recovery among the Women Who Have Undergone LSCS at Krishna Hospital, Karad Suvarna V.M1, Jyoti A.Salunkhe2.