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Nursing Education for Non-Pharmacological Gas Pain Management in Post-Operative Abdominal Surgery Patients

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Purpose

- Provide education for nurses regarding proper assessment of gas pain in post operative patients with abdominal surgery and the usage of different non-pharmaceutical methods as treatment for gas pain.

Evidence

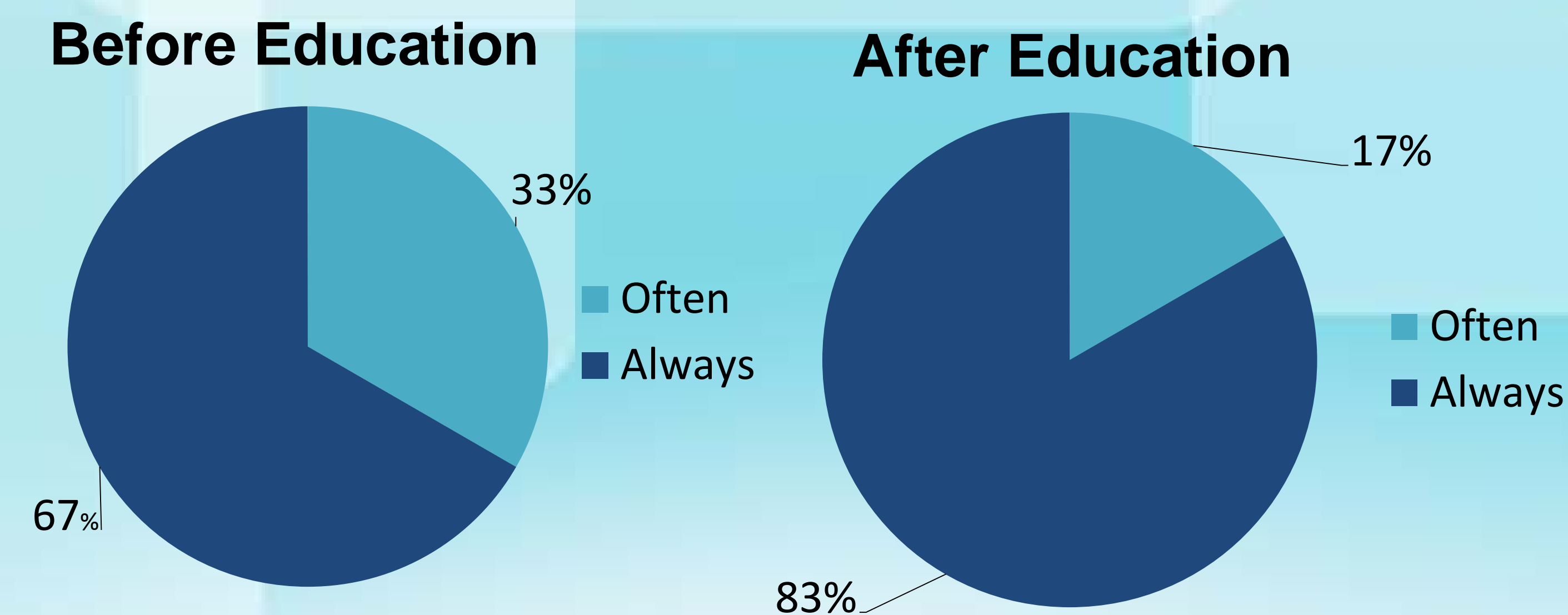
- “Debilitating gas pain is a common sequel for patients who have undergone abdominal surgery.” (Moore, 1995)
- “...good nursing care demands a more active approach than simply limiting opiate analgesia.” (Moore, 1995)
- “Patients can benefit to some degree from suggestions that given in a believable context.” (Disbrow, 1993)

Methods

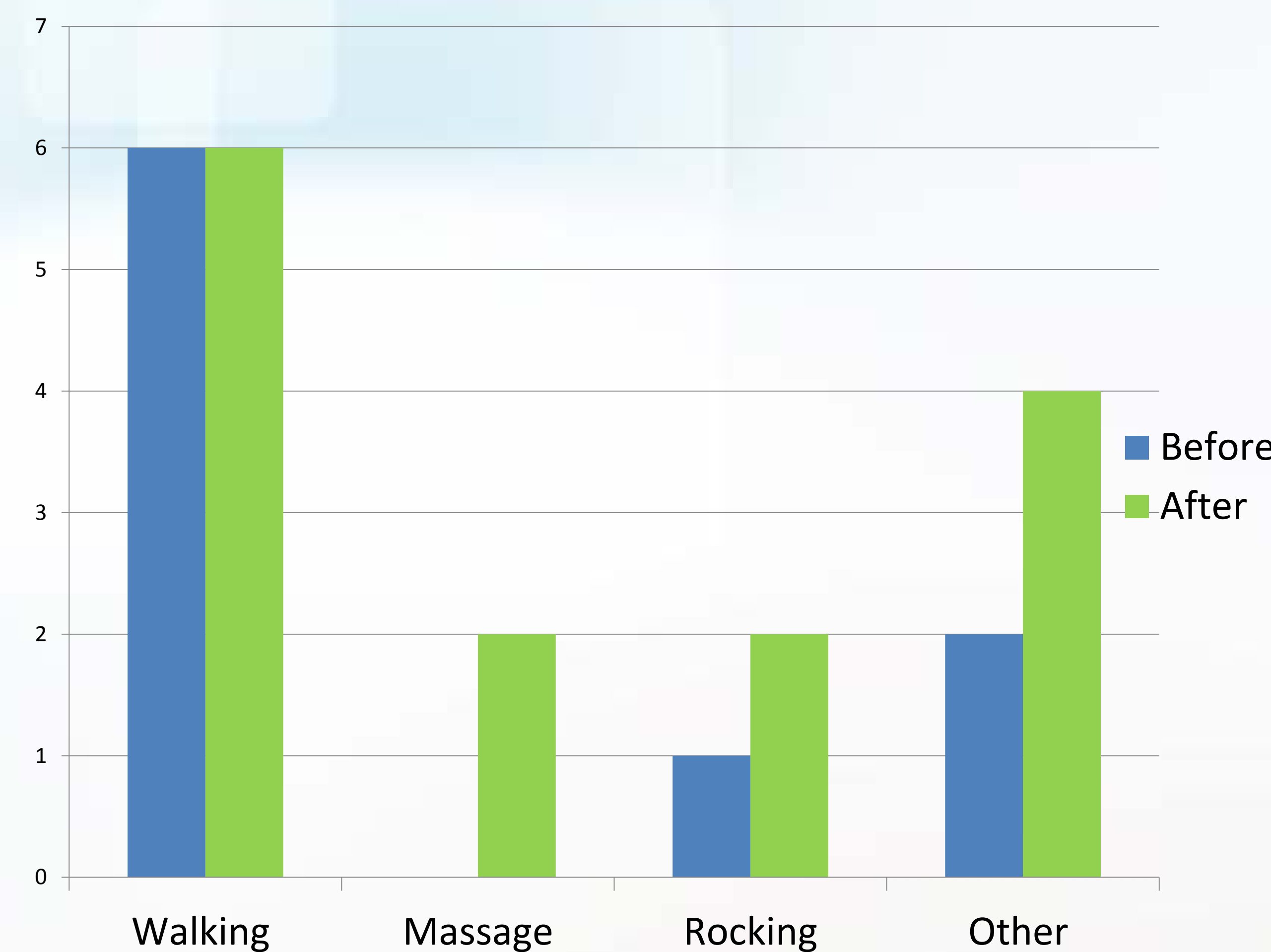
- Inclusion Criteria: Nurses who work on 4KS/4K, who have regular contact with patients that underwent abdominal surgery, were surveyed regarding their current practice for gas pain assessment and interventions.
- Education was provided via an informative handout that was reviewed with each individual nurse.
- A post - survey was performed to assess if gas pain assessment and the usage of non-opioid interventions to alleviate flatus was improved.

Outcomes

How often do you assess incisional versus gas pain?



Nursing Interventions Used to Help Alleviate Gas Pain



Results

- Our evidence showed that increased education provided nurses with a better understanding of the importance in identifying gas versus incisional pain
- Post survey showed an increase in variety of methods that were being used to help alleviate gas pain including:
 - Abdominal massage, gum chewing, repositioning and rocking

Conclusions

- Additional education increased nursing awareness on the proper mechanisms to assess gas pain
- The education provided nurses with new interventions to provide patient care
- To elaborate on this project, the effectiveness of the interventions should be evaluated through patient feedback.
- Additional non-opiate methods of alleviating gas pain need to be explored.

Moore, L., Richard, P., Shannon, M., & Vacca, G. (1995). Investigation of rocking as a postoperative intervention to promote gastrointestinal motility. *Gastroenterology Nursing*, 18(3), 87-91.

Fang, A., Hong, L., & et al. (2009). Gum chewing slightly enhances early recovery from postoperative ileus after cesarean section: Results of a prospective randomized, controlled trial. *American Journal of Perinatology*, 27(5),387-91.

Bennett, H., Disbrow, E., & Ownings, J. (1993). Effect of postoperative suggestion on postoperative gastrointestinal motility. *The Western Journal of Medicine*, 158(5), 487-492.

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