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Pain relief following day care laparoscopic tubal ligation in conscious sedation with intravenous paracetamol: A randomised prospective study

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Laparoscopic tubal ligation is one of the most commonly performed sterilization procedures offering advantages like high success rate and early return to normal activity, but the appropriate anaesthetic technique has not been defined. Pain in laparoscopic tubal ligation is mediated through the release of prostaglandins from the traumatized tubes which causes uterine contraction and crampy lower abdominal pain. To provide adequate anaesthesia and relaxation with minimal side-effects, drug has to be short acting, but with appropriate duration of action. There are various scales available for pain assessment, most reliable being visual analogue scale and another behavioural rating scale for those unable to provide a self-report of pain. It is based on clinical observation and scored from 0–10. Apart from minor side-effects like nausea, vomiting and dizziness the reported case-fatality rate for tubal sterilization is 3.6/100,000 procedures with general anaesthesia. Local anaesthesia with sedation has also been suggested as another anaesthetic technique but its effectiveness has still been a question mark. May be the quality of anaesthesia is unsatisfactory due to discomfort and contraction of abdominal muscles, but it offers the advantage of patient being awake, oriented, breathing spontaneously and fast-tracks recovery which is the main aim of day care laparoscopic tubal ligation. Hence, the choice of anaesthesia should be individualized, based on anaesthetic and/or obstetric risk factors and patient preference. Present study aims to evaluate the role of intravenous paracetamol, as an effective analgesic. Paracetamol is a reliable option with a pharmacokinetic profile which is linear up to 2 g after single administration. The maximal plasma concentration (C_{max}) of paracetamol is observed at the end of 15-minutes of intravenous infusion which is 30 µg/mL and plasma half-life being 2.7 hours. Since, paracetamol's side effect profile is considerably superior it is preferable over usual analgesics like opiates and non-steroidal anti-inflammatory drugs.

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Menopausal symptoms and quality of life among post-menopausal women

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Women's health has been a global concern for many decades. Women have more complex and stressful aging process, as a consequence of hormonal changes that occur during menopause. A descriptive study was conducted to assess the menopausal symptoms and quality of life among post-menopausal women residing at Kelambakkam, Chennai. The investigator interviewed 60 women who fulfilled the inclusion criteria through purposive sampling. Tool consisted of 4 parts: Demographic variables, clinical variables, assessment of menopausal symptoms and quality of life. Data analysis revealed most of the women 26 (43.33%) attained menopause at the age of 40-45 years, 34 (56.67%) of them were overweight based on BMI calculation, 26 (43.33%) practiced dietary modifications to overcome problems related to menopause. There was a significant association between age in years, comorbid conditions and menopausal symptoms. 32 (53.33%) of them expressed moderate level of quality of life. Menopause is a critical point in a women's life, nurses should facilitate women with an easy menopausal transition and management of post-menopausal health problems.

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