

# Analysis on the Application Effect of Comprehensive Nursing Intervention in Postoperative Pain Nursing of Traumatic Fracture of Limbs

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**Abstract:** objective: To analyze the effect of comprehensive nursing intervention on postoperative pain nursing of traumatic fracture of limbs. Methods: 60 cases of patients with traumatic fractures of limbs in our hospital were randomly divided into the observation group and the study group, 30 cases in each group. The control group received routine nursing and the observation group received comprehensive nursing, mainly for patients with postoperative pain assessment, using visual analog scale (VAS), pain score from 1 to 10 points, respectively, pain level, compared to patients with painless, mild, moderate, and severe pain accounted for, at the same time, compared two groups of patients with postoperative Barthel index value differences, combined with clinical criteria, dependence on nursing patients with moderately severe, moderate, the proportion of light, without having to rely on, collect a summary on the patients' satisfaction. Results: The pain score of the observation group was lower than that of the control group. The Barthel index dependence of the observation group was lower than that of the control group. The patients in the observation group had higher satisfaction with nursing; There was a significant difference between the two groups ( $P < 0.05$ ). Conclusion: Patients should be helped to reduce the sense of pain as soon as possible after the operation of traumatic fracture of limbs, so as to arrange the rehabilitation exercise smoothly, reduce the clinical dependence on nursing, improve the satisfaction of patients, can reduce the rehabilitation time of patients, reduce the pain of patients.

## 1. Introduction

The limbs of patients with traumatic fracture surgery will fracture healing, fixed in patients with bone gradually with the help of the patients with limb bone healing, from joint disorder patients, patients with joint swelling, adhesion, stiffness, overcoming problems in comprehensive care, combined with the conditions of patients with postoperative more comprehensive for observation, analysis, pain relief, and makes the body parts of the original injury, faster recovery and help patients to adapt, reduction in daily life, pain has been highlighted in a comprehensive nursing intervention, can obtain good application effect.

## 2. Materials and Methods

### 2.1 General Materials

60 cases of patients with traumatic fractures of limbs in our hospital were randomly divided into the observation group and the study group, 30 cases in each group. The control group received routine nursing and the observation group received comprehensive nursing. In this nursing, the inclusion criteria of patients were: all patients were over 18 years old; No other serious diseases except limb trauma; Patients have no possibility of amputation; All the patients accepted the surgical signature of our hospital. The patients were all in our hospital to receive recovery observation, agreed to nursing; The gender and age of the patients were not correlated with postoperative nursing care.

## 2.2 Methods

### Routine care:

Help patients postoperative stability limb, for patients with evangelism, postoperative observation of relevant indicators, request cooperate again and avoid trauma patients, according to the doctor's advice to patients ice compress, compression bandage and push up limb, non injury patients, should be done in local activities, to avoid the adverse symptoms such as stiffness, should be, not injury patients, should be done in local activities, to avoid the adverse symptoms such as stiffness, should guide the patients bed activities, daily with the patient limb recovery, for patients to see signs of recovery have confidence, swelling disappeared in patients with functional training, should help patients to balance position, change the position, From the injured area near area of joints, the available physical therapy apparatus auxiliary promote the healing of bone, in patients with an acceptable degree of retraction of the training of clinical patients with preliminary healing of bone, muscle group progressive resistance training, at the same time can be back to normal diet, and encourage patients to reduce nursing dependence, the participation of independent shower, toilet and other activities, the recovery of the daily life gradually, can be dynamic or static, with a gradual reduce joint discomfort, increase the intensity of training.

### Comprehensive care:

When dressing the wound, the patient should act quickly and gently. The tightness should be appropriate to accommodate one finger. Blood circulation of the flap should be observed. At the same time, the blood circulation in the distal upper extremity of the affected side should be observed. If the fingers are numb, the skin is cyanotic, and the arterial pulsation cannot be detected, the tightness of the bandage should be adjusted timely.

Postoperative patients should stay in bed, not within 24 hours of bed during large area, big activities, can guide the patients with wrist ankle preliminary activities, on a small scale body movement, athletic ability is not strong, if the patients can be supported by relatives, passive movement, let patients postoperative 1 ~ 3 days, should be the body joints, extends to the elbow and wrist joints, increase the intensity of activity, after 4 days, will encourage patients by hand touch my ears, and neck for a short period of time many sports, such as postoperative healing when if the patient recovered well, can get out of bed, can be simple activities along the edge of the bed, encourage patients recover individual life consciousness, Hair brushing, nail clipping and other voluntary activities.

To observe drainage sexual characteristics, prevention and treatment of infection, observe the usage of antimicrobial agents, observation of postoperative patients with vascular recovery, repair in patients with vascular injury, avoid accident bleeding, patients in pain, take a deep breath and encourage patients to cough and expectoration, strengthen the skin treatment patients lie in bed, the patient should be carry buttock and other sports, assess the patient's pain, to reduce reliance on analgesic drugs patients, patients lie in bed for constipation nursing, etc., should be paid attention to during the guidance bed urination, defecation in patients with lower psychological tension, patients lie in bed is not comfortable, if feel hospital during the period of bedplate should increase soft mat and so on to improve comfort, Change the urine bag when examining the perineal cleaning, scrubbing perineum for patients, such as the use of analgesia pump for pain relief, should pay attention to check rationality analgesia pump application, pay attention to the patients with head and comfortable, should be mental communication with patients, patients and regularity of movement, movement range is too big, avoid patients movement forms appear unreasonable body compression, etc., guide the patient's family to carry on the massage, to ask the patient's feelings, listening to the patient complained of, establish rehabilitation for patients with confidence.

## 2.3 Observation Indicators

Evaluation of patients with postoperative pain, mainly adopt the visual analog scale (VAS) pain, pain score from 1 to 10 points respectively division level, compared to patients with painless, mild, moderate, and severe pain accounted for, at the same time, compared two groups of patients with postoperative Barthel index value differences, combined with clinical criteria, dependence on

nursing patients with moderately severe, moderate, the proportion of light, without having to rely on, collect a summary on the patients' satisfaction.

## 2.4 Statistical Method

Choose SPSS intelligent analysis system, building database according to material properties and analogy unit observation data, the hypothesis is tested samples with  $X^2$ , covered by the statistical mean, geometric mean and the median involves the quantity take t test,  $\bar{x} \pm s$  (mean + \_standard deviation) for the average standard deviation of plus or minus, P as the probability value, contrast there were significant differences between groups,  $P < 0.05$ , contrast there is no difference between groups ( $P > 0.05$ ).

## 3. Results

Table 1 Comparison of Vas Pain Assessment after Nursing Care between the Two Groups

Group	n	painless	mild pain	moderate pain	severe pain
the observation group	30	15	10	5	0
the control group	30	10	12	7	1
<i>t</i>		2.365	4.152	3.275	3.267
<i>P</i>		<0.05	<0.05	<0.05	<0.05

Table 2 Classification of Daily Self-Care Ability of Patients under Barthel Index

Group	n	rely heavily	rely moderate	rely mild	no rely
the observation group	30	0	3	11	16
the control group	30	2	6	9	13
$X^2$	-	5.263	4.196	5.327	5.421
<i>P</i>	-	<0.05	<0.05	<0.05	<0.05

Table 3 Satisfaction Scores Of Patients in the Two Groups during Nursing Care [n(%)]

Group	n	satisfied	generally satisfied	dissatisfied	satisfaction rate
the observation group	30	17	13	0	30(100%)
the control group	30	16	10	4	26(87%)
$X^2$	-	2.152	3.755	2.152	3.265
<i>P</i>	-	<0.05	<0.05	<0.05	<0.05

## 4. Discussion

Limb trauma surgery after reset, postoperative pain in patients with attention, and to meet the needs of patients with postoperative, a comprehensive consideration of the demands of patients with analysis of clinical rehabilitation, a planned way of nursing, and continuously add nursing main points, make detail processing, during the patients lie in bed and activity, according to the doctor's advice that relieve patients to the bed and be able to lie in bed movement, reduce the potential risk in the patients with postoperative recovery, the patients in pain assessment, gradually reduce the patients clinical dependency, not only focus on the patient's limb, observation of patients with other body parts at the same time, pay attention to the body to avoid stiff feeling, Head comfortable activity, understand the patients drainage fluid properties, color, etc., in care of avoid by all means excessive body stretch, the problem such as reverse, control the frequency and amplitude of patient activity, pay attention to the patient's diet, sleep, protect the patient's privacy, reduce the excessive exposure body parts, stable psychological mood of patients at the same time, in the comprehensive nursing model, the patients gradually eased the pain, postoperative recovery is just around the corner.

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