

**FACTORS RELATED TO FUNCTIONAL RECOVERY IN
PATIENTS AFTER TOTAL HYSTERECTOMY**



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**A THESE SUBMITTED IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF NURSING SCIENCE
(ADULT NURSING)
FACULTY OF GRADUATE STUDIES
MAHIDOL UNIVERSITY**

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ABSTRACT

Hysterectomy is the most common major surgery among women in their middle to late adult age, aimed to cure disease and enhance the patients' ability to resume their previous life functions. Studies related to patients with hysterectomy in Vietnam still receive little attention. Knowledge gains from present study would assist the patients in their transition to their desired health outcomes. This research aimed to study functional recovery and factors related to functional recovery among patients after total hysterectomy. This was a descriptive correlation research conducted among 115 adult patients after a total hysterectomy at the Obstetrics & Gynecology Department of Bach Mai Hospital and the National hospital of Obstetrics & Gynecology, Hanoi, Viet Nam. Data were collected using the patient' record and interview with the patients. Spearman's rho was employed to test correlation among the studied variables. The result of the study revealed that most of the patients were aged between 41 and 50 (64.3%), with the mean age of 48.7 ± 7.6 years. About 40% of the patients had comorbid diseases. The mean score of function recovery was 124.57 ± 11.78 . The mean total social support score was 5.16 ± 1.02 while the mean social support score of family domain was 5.41 ± 0.82 and that of friends and other domains were 6.03 ± 0.82 and 5.03 ± 1.05 , respectively. Majority of the patients had mild pain (69.6%), and 30.4% had moderate pain with the mean score of 2.73 (S.D. ± 1.16). Pain score had negative correlation with the functional recovery score ($r = -0.70$, $p < 0.05$) while social support, co morbidity and age showed no correlation with functional recovery. It is therefore recommended that in order to promote the patients smooth transition to their optimum functional recovery, the patients' pain level after hysterectomy should be well controlled. Further multi sites research should be conducted with more numbers of patients to reveal a broader picture of recovery among women after hysterectomy in Vietnam. Pain management protocol should be developed and tested for their effectiveness through a quasi-experimental research.

**KEY WORDS: HYSTERECTOMY/ PAIN / SOCIAL SUPPORT /
FUNCTIONAL RECOVERY AND COMOBILITY**

75 pages