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The Benefit of pre- and post- operative instructions

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Millions of people each year undergo surgery. Despite the development in the surgical field; patients remain in fear of the complications that may take place. 140 patients were randomly selected from the clinics at King Abdulaziz University Hospital, in Jeddah. A questionnaire was used to test their knowledge of the instructions before and after a surgery; ear nose and throat specialty in particular. Another questionnaire was given after educating the patients of the instructions in one of the surgical operations in this specialty. The aim is to educate the patients about these instructions in the event of undergoing any future operations. The result was: 64% of patients knew the existence of instructions before and after operations, while 36% didn't know the existence of such instructions. The most known instruction by 86% was: to stop eating at midnight on the night of the operation. And the least known by 34% was: to stop taking Aspirin 7 days before the operation. The benefit rate from the explained instructions was 100%. 54% of these patients received only verbal instructions, while 10% received both verbal and on paper instructions, and the remaining 18% of patients didn't receive any instructions.

Biography

Galya Ghalib Al Ghalib Alsharif has completed her MBBS from King Abdulaziz University Hospital. She is currently a medical intern.

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