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## **Guided imagery on pain and its associated behavioral changes among post abdominal surgery clients**

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### **Abstract**

Proper pain reduction is important for promotion of health in post-operative period. Providing effective pain management in post-operative period is a challenging opportunity. The post-operative ward nurse combines the technologic sophistication of this unique setting with a personal, individualized care approach to maximize the positive potential outcomes for the patient.

The objectives of the study were to assess the pain and its associated behavioral changes, to evaluate the effectiveness of Guided Imagery, to find out the association between the pain and its associated behavioral changes with the demographic variables of post abdominal patients admitted in post-operative ward in AJ Hospital at Kanyakumari. The Conceptual framework of the present study was based on Modified Weidenbach's Helping Art of clinical nursing theory.

A quasi experimental with one group pre-test and post-test design has been used in this study. The study samples have been selected by using purposive sampling technique. Guided Imagery was given for the patients. Data collection was done before and after guided imagery by using Numerical pain Scale and Modified FLACC Behavioral Scale. The study findings showed that the obtained 't' value (37.29 on pain level; 37.61 on behavioral level) was significant,  $P < 0.05$ . Guided Imagery was effective in reducing pain among post abdominal surgery clients.

**Keywords:** Effectiveness, guided imagery, pain, behavioral changes and post abdominal surgery clients.

### **1. Introduction**

Proper pain reduction is important for promotion of health in post-operative period. Providing effective pain management in post-operative period is a challenging opportunity. The post-operative ward nurse combines the technologic sophistication of this unique setting with a personal, individualized care approach to maximize the positive potential outcomes for the patient. Postoperative pain is an important form of morbidity after abdominal surgeries. Guided Imagery is a method of visualization and imagination that has a positive effect on postoperative pain and reduces post-operative complications like anxiety, inability to cope up with surgical stress etc. It remains widely used technique for the prophylaxis and treatment of postoperative pain in abdominal surgery clients. The objectives of the study were to assess the pain and its associated behavioral changes, to evaluate the effectiveness of Guided Imagery, to find out the association between the pain and its associated behavioral changes with the demographic variables of post abdominal patients admitted in post-operative ward in AJ Hospital at Kanyakumari. The Conceptual framework of the present study was based on Modified Weidenbach's Helping Art of clinical nursing theory.

### **2. Methodology**

A quasi experimental with one group pre-test and post-test design has been used in this study. The study samples have been selected by using purposive sampling technique. Guided Imagery was given for the patients. Data collection was done before and after guided imagery by using Numerical pain Scale and Modified FLACC Behavioral Scale.

### **3. Results and discussion**

The study findings showed that the obtained 't' value (37.29 on pain level; 37.61 on behavioral level) was significant,  $P < 0.05$ . Guided Imagery was effective in reducing pain among post abdominal surgery clients.

#### **4. Conclusion**

The main conclusion from this present study is that, most of the patients in pre-test had severe pain and most of them had moderate pain in post-test; regarding behavioral changes most of the patients in pre-test had severe behavioral changes and most of them had moderate behavioral changes in post-test. This shows the imperative need to understand the purpose of Guided Imagery regarding reduction of pain and it will improve the health of the patients.

#### **5. References**

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