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Investigation of preoperative fasting times of surgical patients

Burcak Sahin Koze, Yasemin Altınbas, Arzu Aslan, Eda Dolgun and Meryem Yavuz van Giersbergen

Department of Surgical Nursing, Ege University Nursing Faculty, Turkey

The aim of this study was to investigate preoperative fasting times of surgical patients. This descriptive study was carried out in surgical clinics of Ege University Faculty of Medicine Hospital, between October-December 2015. Samples of the study consisted of 366 patients who had a planned surgery during this period. The researcher used the documents "Patient Introduction Form", a form for detection of the implementation status of the preoperative fasting times in surgical clinics. The data collection form was developed according to literature findings. Data collection was interviewed patients face to face. Data was analyzed frequency and percentage with SPSS for Windows 18. The mean ages of patients were $49,82 \pm 18,89$, 53% men (n:194), 41,5% (n=152) of educated in primary school. Most of patients (96,2%) had information about nutrition before surgery and they told that they must fast after midnight (24:00) and this information is (37,4%) given by nurse and doktor. It is found that, the patients who were included the research had not had solid food an average of 14.03 hours and liquid for 10.06 hours. After surgery patient began oral intake after 13.35 hours. 65,6% of patient started with the oral intake of water. According the result of this study, patients' preoperative fasting and fluid restriction times are longer than suggested. It is seen that, changes in preoperative fasting time is not reflected to practice.

Biography

Burcak Sahin Koze is a PhD student at Ege University. She is research assistant at the same university in Surgical Nursing Department since 2009

burcaksahinkoze@gmail.com

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