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The nurse's role in patient care after laparoscopic cholecystectomy using ICNP®. Case study

Damian Osiński 1,
Klaudia Jakubowska 3 <https://orcid.org/0000-0003-4120-5304>,
Anna Wiśniewska 2 <https://orcid.org/0000-0002-2006-5595>,
Bernadeta Jędrzejkiewicz 2, Zuzanna Tulej 1,
Paweł Chruściel 3 <https://orcid.org/0000-0002-2519-2673>,
Dorota Nalepa 4, Michał Machul 1

¹Nursing student, Faculty of Health Sciences, Medical University of Lublin, Poland

²PhD student at the Department of Family Medicine and Environmental Nursing, Faculty of Health Sciences, Medical University of Lublin, Poland

³Chair of Development in Nursing, Faculty of Health Sciences, Medical University of Lublin, Poland

⁴Faculty of Humanities and Social Sciences, State Higher Vocational School Memorial Professor of Stanisław Tarnowski, Tarnobrzeg, Poland

Abstract

INTRODUCTION. Cholelithiasis is a disease occurring very often and affects people of all ages, occurs in both young people as well as in the elderly. Due to such a high incidence of this disease every nurse should be able to identify nursing problems occurring in a patient before and after surgery to remove the gallbladder and be able to solve them.

PURPOSE. The aim of the study was to analyze the tasks of nurses and use of ICNP® in the care of the patient after laparoscopic cholecystectomy.

MATERIAL AND METHODS. In a study on 12.10.2018 r. And 11.12.2018 r. The method used was an individual case. Were used research techniques such as documentation analysis, interview, measurement, observation. Meetings were held in Lublin, the Independent Public Clinical Hospital No. 4. Person test was 58 - year-old woman after laparoscopic cholecystectomy. The study used research tools such as card individualized nursing care

developed by the staff of the Faculty of Health Sciences, Medical University of Lublin, Barthel Index, Scale Norton, Fagerström test, Starzyńska's test and test by checking their knowledge about the disease and skills in preparation for self-care after leaving the hospital, criteria for the categories of care and VAS.

RESULTS. As a result of careful analysis of the health situation of the patient lists 11 negative diagnoses based on classifications ICNP. Also developed a plan of nursing care.

CONCLUSIONS. The patient after laparoscopic cholecystectomy requires medical care, nursing, rehabilitation, preventive education and for faster recovery and eliminate complications.

KEY WORDS: *nursing care, patient, laparoscopic cholecystectomy.*

INTRODUCTION

Gallstones occurs 3-4 times more common in women than in men. It states it is usually after the age of 40, and its incidence increases with age. It is believed that the kidney occurs in 15 - 20% of the western population, patients over 65 years of age applies to every 2 - 3 persons [1].

Gall stones are formed as a result of the engagement of the insoluble components of bile: cholesterol, bilirubin and other dyes bile salts, bile acids and proteins. They can be divided depending on the composition:

1. cholesterol (yellow or yellow brown)
2. Dye (black and brown).
3. mixing [2].

Gallbladder may proceed as follows: asymptomatic cholelithiasis, nephrolithiasis symptomatic cholelithiasis complicated (due to gallbladder cancer, bile duct obstruction due to stones or pancreatitis) [3].

Asymptomatic course of urolithiasis occurs even in 2/3 of the cases, because most of her ultrasound in detecting accidental. The risk of onset of symptoms within the first five years of the disease was 2%, and within 10 years as high as 15%, and in the range of 15 - 20 years until it reaches 18%. The appearance of symptoms usually means their return, and a gradual increase [2].

The main indications for surgery (cholecystectomy), the occurrence of symptomatic cholelithiasis and its complications [3].

Laparoscopic cholecystectomy is currently the gold standard in the treatment of patients with symptomatic cholelithiasis. By significantly reducing the invasiveness of surgery decreased pain that occurs after surgery, and thus the time required for recovery of the patient. In developed countries, 85 - 90% of all laparoscopic cholecystectomy is carried out [4].

The formation of gallstones is affected by many factors, but in its prevention should pay particular attention to those which can affect the patient. It is obesity, nutrition and the proper treatment of metabolic comorbidities - dyslipidemia, and diabetes [5].

PURPOSE

The aim of the study was to analyze the tasks of nurses and use of ICNP® in the care of the patient after laparoscopic cholecystectomy.

MATERIAL AND METHODS

In a study on 12.10.2018 r. And 11.12.2018 r. The method used was an individual case. Person test was 58 - year-old woman after laparoscopic cholecystectomy. The patient was informed about the purpose of the study, its anonymity and agreed to participate in it. The patient positive attitude to work, willingly answered the questions. Were used research techniques such as documentation analysis, interview, measurement, observation.

The study used research tools such as card individualized nursing care developed by the staff of the Faculty of Health Sciences, Medical University of Lublin, Barthel Index, Scale Norton, Fagerström test, according to test. Starzyńska, test by checking their knowledge about the disease and skills in preparation for self-care after leaving the hospital, criteria for the categories of care and VAS.

The first symptoms in the form of pain began in 1997 after the third birth. On 07.12.2018 with strong pain was referred by a GP to the Independent Public Clinical Hospital No. 4 in Lublin, where on 12.10.2018 was held laparoscopic cholecystectomy surgery.

The functioning of the cardio - vascular normal. Heart rate was evaluated as a steady and correct voltage was 76 beats per minute. Arterial blood pressure was 121/77 mm Hg. In women, there were no fainting, cyanosis or edema. It cures for 6 years for high blood pressure, take medication regularly and is under the care of a specialist clinic. In addition, there is a high level of cholesterol, the last test result was 300 mg / dl. The standard for the total cholesterol level is 114 - 200 mg / dl.

The functioning of the respiratory system was correct. The test track thoracic breathing. The number was 17 breaths per minute. There was no shortness of breath, runny nose, cough and phlegm retention. Sick smoke cigarettes for 30 years in an amount of 10 to 15 cigarettes a day, was assessed test Fagerstrom. The patient in the test gained 03.10 points, which means that it is not pharmacologically dependent on nicotine and smoking is only a learned behavior. This is confirmed by medical history, in which the patient mentioned that smoking gives her pleasure and is a kind of habit, because when staying at work approx. 8 hours do not feel the need to smoke a cigarette, but only after returning home begins to burn.

The correct functioning of the digestive system with the exception of incidence of heartburn and appetite disorders resulting from fear of pain after eating. The patient suffering from periodontal disease 10 years and as a result uses dentures that fit well. The desire to correct, takes approx. 1.5 liters of fluid a day, apply a slightly digestible diet, eats alone with a spoon. Normal intestinal peristalsis, nausea, vomiting, diarrhea and constipation do not occur. BMI of the test is 29.74 and is overweight. The patient test was carried out by Starzyńska'test. Patient gained 14/30 points. which means the presence of large errors in the diet.

The functioning of the genitourinary system was correct. The patient after menopause, the frequency of micturition 3-4 times a day, there were no difficulties in passing urine, the treatment time was Foley catheter.

The efficiency of the musculo - skeletal; the patient has chronic inflammation of the hip joint so that in case of changes in the weather feels severe pain, which it estimates at 8/10 VAS, which means very severe pain requiring analgesic treatment. Self efficiency has been assessed according to the scale Barthel was 100/100 points, this indicates full efficiency and autonomy. There are electric and does not require the use of auxiliary equipment.

Normal functioning of the nervous system. Woman in biliary colic attacks felt severe pain radiating from the right costal arch to the back, shoulders. Currently in pain after surgery shoulder, spine and surgical site for a discomfort that assesses at 10.2 VAS, which means that

the pain is of little magnitude and not to make use of additional pain management. Convulsions, numbness and dizziness absent. The mental state of the patient has improved. Before surgery, a woman felt strong anxiety associated with hospitalization, surgery and pain that manifested by decreased well-being and lack of appetite. Currently, the patient feels much better after the treatment has improved mood and gave way to anxiety associated with surgery but remained fear of pain caused by eating. Her communicates verbally statements are logical, she hasn't problem with falling asleep and awakenings. Sleeps approx. 8-9 hours a night and 30 minutes in the day around 17:00, drinks alcohol occasionally. Is visited daily husband.

The proper functioning of the organs of the senses except sight. There is farsightedness, which is corrected by well-selected glasses.

Good hygienic condition of the skin. The body temperature was 36.8C. The wound is deep, clean, healing well, applied Redon drainage that has been removed on the first day after surgery. Nature of the discharge was bloody and she was 15ml. The patient does not have skin lesions. It was rated the risk of bedsores by Norton scale and woman gained 19/20 points, which means low risk of the occurrence of bedsores. The study has been assigned to the first category of nursing care by the Minister of Health of 28 December 2012. "The criteria for the categories of care in the case of a branch profile of conservative and surgical units or other organizational unit or entity for this profile."

The patient terminated the original test checking her knowledge about the disease and skills in preparation for self-care after leaving the hospital and received a 10/11 score points. according to the interpretation of what is a very good knowledge.

The patient suffers from hypertension from 6 years. Her mother suffered at the hypertension and stones in the gall bladder. Her father died by heart attack. The study housing conditions and situations be assessed as good. Husband, daughter and son helps patient.

RESULTS

After analyzing the health situation of the patient lists 11 negative diagnoses:

1. Tobacco abuse [10022247]
2. Impaired weight [10013016]; Overweight [10013899]
3. Anxiety [10000477]
4. The pain of the wound [10021243]
5. The risk of infection [10033848]

6. Lack of appetite [10033399]
7. Impaired function of the endocrine system [10022965]
8. The surgical wound [10023148]
9. Heartburn [10043298]
10. Altered blood pressure [10022954]
11. There is no knowledge about the disease [10021994]

PLAN nursing care

4. The plan of nursing care by ICNP ®

Table 1. PLAN nursing 1.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Misuse of tobaccos [10019766]	The actual state of [10000420]					Patient [10014132]
PLAN ACTIONS	Test diagnostician - MANUAL [10031138]		Services pielęgnia - Gorski [10013380]	Application [10002464]		Health care facility [10008730]	Patient [10014132]
	Learning [10011248]			Assessment [10002673]		Health care facility [10008730]	Patient [10014132]
	health behaviors [10008782]		Health promotion [10008776]	educating [10006564]		Health care facility [10008730]	Patient [10014132]
	Knowledge of the change in behavior [10024907]			Teaching [10019502]		Health care facility [10008730]	Patient [10014132]
			Therapy to quit smoking [10032774]	encouraging [10006823]			Patient [10014132]
	Readiness [10016414]			supporting [10019142]			Patient [10014132]
bet SCORE	Without tobacco abuse [10029152]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 2. PLAN nursing 2.

PROCESS	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Overweight [10013899]	The actual state of [10000420]					Patient [10014132]
PLAN ACTIONS	Activity performed independently [10017805]		Technique exercises muscles or joints [10012300]	Teaching [10019142]		Health care facility [10008730]	Patient [10014132]
	Adherence to diet regime [10030312]			motivating [10012242]		Health care facility [10008730]	Patient [10014132]
	health behaviors [10008782]		Health promotion [10008776]	educating [10006564]		Health care facility [10008730]	Patient [10014132]
	Knowledge of the change in behavior [10024907]			Teaching [10019502]			Patient [10014132]
	Readiness [10016414]			supporting [10019142]			Patient [10014132]
bet SCORE	Weight in the normal range [10027392]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 3. PLAN nursing 3.

PROCESS	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
cultivate							
DIAGNOSIS	Anxiety [10002429]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				evaluating anxiety [10041745]		Health care facility [10008730]	Patient [10014132]
			Technique chill [10016700]	Demonstrating techniques relaksacyj - different [10024365]		Health care facility [10008730]	Patient [10014132]
				Supporting psychological status [10019161]		Health care facility [10008730]	Patient [10014132]
				managing anxiety [10031711]		Health care facility [10008730]	Patient [10014132]
				Managing negative emotions [10031851]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Reducing anxiety [10027858]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 4. PLAN nursing 4.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATIO N	CUSTOME R
DIAGNOSIS	The pain of a wound [10021243]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				Assessment of pain [10026119]		Health care facility [10008730]	Patient [10014132]
			Bow [10011866]	Administering the drug przeciwbóło - dim [10023084]		Health care facility [10008730]	Patient [10014132]
				Pain management [10011660]		Health care facility [10008730]	Patient [10014132]
				Identifying attitudes toward pain [10009654]		Health care facility [10008730]	Patient [10014132]
				Evaluation of response to pain management [10034053]		Health care facility [10008730]	Patient [10014132]
bet SCORE	No pain [10029008]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 5. PLAN nursing 5.

PROCESS	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	The risk of infection [10015133]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				Evaluating signs and symptoms of infection [10044182]		Health care facility [10008730]	Patient [10014132]
			Wound dressing [10021227]	Teaching to change the dressing on the wound [10045149]		Health care facility [10008730]	Patient [10014132]
				skin care [10032757]		Health care facility [10008730]	Patient [10014132]
			aseptic technique [10002639]	Using aseptic technique [10041784]		Health care facility [10008730]	Patient [10014132]
	Susceptibility to infection [10019306]			Evaluating susceptibility to infection [10002821]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Without infection [10028945]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 6. PLAN nursing 6.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	lack of appetite [10033399]	The actual state of [10000420]		encouraging [10006823]		Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				The evaluation of the status of the gastrointestina l tract [10034007]		Health care facility [10008730]	Patient [10014132]
				The teaching of the food intake pattern [10032918]		Health care facility [10008730]	Patient [10014132]
				Evaluating the nutritional status [10030660]		Health care facility [10008730]	Patient [10014132]
				Assessment of behavior associated with eating or drinking [10002747]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Positive nutritional status [10025002]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 7. PLAN nursing 7.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Impaired function of the endocrine system [10022965]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS	hyperlipidemia [10041055]		Bow [10011866]	drug administration [10025444]		Health care facility [10008730]	Patient [10014132]
				Evaluation - present treatment regimen [10044153]		Health care facility [10008730]	Patient [10014132]
				Evaluating dietary needs [10037875]		Health care facility [10008730]	Patient [10014132]
				Warns - not diet regime [10030159]		Health care facility [10008730]	Patient [10014132]
				patient activity [10014145]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Effective function of the endocrine system [10028037]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 8. PLAN nursing 8.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	surgical wound [10023148]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				assessing needs [10033368]		Health care facility [10008730]	Patient [10014132]
				Monitoring wound healing [10042936]		Health care facility [10008730]	Patient [10014132]
			Wound dressing [10021227]	Change the dressing on the wound [10045131]		Health care facility [10008730]	Patient [10014132]
			aseptic technique [10002639]	Using aseptic technique [10041784]		Health care facility [10008730]	Patient [10014132]
				Discontinuation of wound drainage [10036679]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Efficient wound healing [10035096]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 9. Plan 9 nursing.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Heartburn [10043298]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				assessing needs [10033368]		Health care facility [10008730]	Patient [10014132]
				Warns - not diet regime [10030159]		Health care facility [10008730]	Patient [10014132]
				Judging respects - compliance in [10024185]		Health care facility [10008730]	Patient [10014132]
			Bow [10011866]	drug administratio n [10025444]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Effective function of the digestive system [10028016]	The actual state of [10000420]					Patient [10014132]

Source: own

Table 10. The nursing care plan 10.

PROCESS	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Altered blood pressure [10022954]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS	hypertension, [10009394]			Measuring blood pressure [10031996]		Health care facility [10008730]	Patient [10014132]
				Monitoring blood pressure [10032052]		Health care facility [10008730]	Patient [10014132]
			Bow [10011866]	drug administration [10025444]		Health care facility [10008730]	Patient [10014132]
				Evaluation of the treatment regimen [10031268]		Health care facility [10008730]	Patient [10014132]
				diet regimen [10005951]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Blood pressure in the normal range [10027647]	The actual state of [10000420]				Patient [10014132]	

Source: own

Table 11. nursing care plan 11.

PROCESS cultivate	SUBJECT	RATING	MEANS	ACTION	TIME	LOCATION	CUSTOMER
DIAGNOSIS	Lack of knowledge about the disease [10021994]	The actual state of [10000420]				Health care facility [10008730]	Patient [10014132]
PLAN ACTIONS				Assessing readiness for learning [10002781]		Health care facility [10008730]	Patient [10014132]
			Material educator - MANUAL [10011251]	Teaching the patient [10033126]		Health care facility [10008730]	Patient [10014132]
			The device for evaluation [10002734]	Evaluating knowledge about the disease [10030639]		Health care facility [10008730]	Patient [10014132]
				Reporting test results [10016839]		Health care facility [10008730]	Patient [10014132]
				Promoting compliance with the regime of medication [10038051]		Health care facility [10008730]	Patient [10014132]
bet SCORE	Knowledge about the disease [10023826]	The actual state of [10000420]				Patient [10014132]	

Source: own

CONCLUSIONS

The patient after laparoscopic cholecystectomy requires medical care, nursing, rehabilitation, preventive education and for faster recovery and eliminate complications. Classification of ICNP® is a very effective tool in the creation of nursing diagnoses, thanks to standardization of terminology we use the nurses, the high level of mutual understanding between different groups ethnically and culturally so that a nurse from the UK and Polish will be able to understand. Thanks to standardized plans offered by the ICNP, it is possible to draw conclusions regarding the most common and targeted interventions in nursing.

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