**WEEK 5. PRE AND POST OPERATIVE CARE**

**SESSION A. PRE AND POST OPERATIVE CARE: VIDEO WATCHING**

1. Watch the video carefully.
2. Summarize the video.
3. What questions come up to your mind after you watch the video? Find the answers to the questions and write down the sources where you get the answers from.

**VIDEO SCRIPT**

Special procedures and routines must be followed in pre-operative and post-operative care.

During pre-operative care, nurse assistants help patient feel more relaxed and confident by performing duties efficiently. Explain every procedure you perform and encourage the patient to assist when possible. Be available when needed and give all your attention to the patient. Many patients and their families may be apprehensive or fearful about the surgery. Listen to the patient’s concerns and stay calm if he or she becomes upset. Express interests in the patient’s surgery and the outcome. Nursing assistants help patients prepare surgery by dressing the patient in the hospital cap and gown, making the room comfortable and quiet, assisting in the removal of dentures, eye glasses, hearing aids, make up and nail polish. Remember to list, mark and store valuables. Encourage the patient to use the bathroom. In some cases nursing assistants are involved in shaving the patient’s hair. The patient should be ready for surgery one hour before the scheduled time. Observe the patient for reactions to medication and extreme anxiety. Report anything unusual to your supervisor.

During post-operative care, many patients feel chilled. Have plenty of extra blankets around. Assist the transfer of the patient from the stretcher to the bed. Speak normally and call the patient by name to reassure them. Place the call signal within the patient’s reach and stay with an unconscious patient. Take care of an individual who might vomit and be sure to record the first voiding after surgery. Reposition the patient every two hours to protect the skin, promote healing and prevent pneumonia. Careful observation of the patient for the first 24 hours after surgery is critical. Report anything unusual immediately.

Source: <https://www.youtube.com/watch?v=XZq1gExGh8k>

**Activity 1:** Watch and Write a summary of the video

1. Watch the video carefully
2. Write a summary of the contents of the video (Important things to remember before and after surgery)

**Possible summary**

* According to the video, pre-operative and post-operative care must follow special procedures and routine. During pre-operative care it is important to keep the patient relaxed and confident. While, in the post-operative care, it is important to carefully observe the patient for the first 24 hours.

**Activity 2: Questions and Answers**

1. What questions pop up in your mind after watching the video?
2. Find the answers to your questions and identify the sources

**Some questions that might come up after watching the video:**

1. What are the possible UNUSUALS that might happen before and after a surgery?
2. What should the nurse or nurse assistant do if the patient shows extreme anxiety before surgery?
3. Why do many patients feel chilled after surgery?
4. What should we say when we calm down the patient?
5. Why is it necessary to reposition the patient every two hours? What about three hours or four hours? (Why two hours?)

Submit Activity 1 and 2 on moodle.

**SESSION B. POST OPERATIVE CARE**

**Dialog Script: Write your dialog Script below.**

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| --- |
|  |

**Activity 1:** Read the script with a partner

**Activity 2:** Answer the following questions

1. What is the name of the Nurse?
2. What is the name of the patient?
3. What kind of surgery did the patient have?
4. What are the do’s suggested by the nurse?
5. What are the don’ts suggested by the nurse?

**Activity 3:** Exploring the language

|  |  |
| --- | --- |
| **Do’s** | **Don’ts** |
| Take \_\_\_\_ (+ noun) | Don’t \_\_\_\_\_ ( + verb 1) |
| Eat \_\_\_\_ (+ noun) or (adverb) | You should not \_\_\_\_ ( + verb 1) |
| Keep \_\_\_\_\_ (Verb + ing) or (adjectives) | Avoid \_\_\_\_\_ (+ verbing) or (noun) |
| You should \_\_\_\_ (+ verb 1) | You must not \_\_\_\_\_ ( + verb 1) |
| You must \_\_\_\_ (+ verb 1) | It is important not to \_\_\_\_ ( + verb 1) |
| It is important to \_\_\_\_ ( + verb 1) |  |
|  |  |

For example:

|  |  |
| --- | --- |
| **Do’s** | **Don’ts** |
| Take small steps when you turn around | Don’t cross your legs when you sit down. |
| Eat small bites and do it frequently | You should not sit on low chairs |
| Keep hydrated | Avoid eating spicy food. |
| You should take pain medication recommended by the doctor | You must not do strenuous activities during recovery period. |
| You must stay in bed | It is important not to twist your hip at all. |
| It is important to drink a lot of clear liquid |  |
|  |  |

**Activity 4:** Do’s and Don’ts for other types of surgery

1. Can you think of other common types of surgery?
2. What are the do’s and don’ts for each type of surgery, especially during recovery?

Example:

|  |  |  |
| --- | --- | --- |
| **Surgery** | **Do’s** | **Don’t’s** |
| Hip Surgery | Take small steps when turning around. | Don’t bend your hip more than 90 degrees |
|  | Use raised seats | Don’t twist your hip at all |
|  | Keep leg as straight as possible. | Don’t cross your legs when you sit in a chair |
|  |  | Don’t sit on low chairs. |

|  |  |  |
| --- | --- | --- |
| **Surgery** | **Do’s** | **Don’ts** |
| Appendectomy  | Begin to take small sips of clear fluids | Don’t do strenuous activities up to a week or two. |
|  | Sit up at the edge of the bed. | Don’t eat hard, spicy and acidic food during recovery. |
|  | Walk short distances |  |
|  | Take pain medication and antibiotics up to a week or two (depends on the severity of the pain) |  |
|  | Eat food rich in protein. |  |

Source: <https://www.verywell.com/appendectomy-surgery-3157269>

|  |  |  |
| --- | --- | --- |
| **Surgery** | **Do’s** | **Don’ts** |
| Tonsillectomy  | Eat ice cream | Head position – looking up |
|  | Spray the nose to clean it | Don’t eat spicy food and acidic food. |
|  | Eat small portions and small bites | Don’t eat right away after taking medication (Wait for 30 minutes to 1 hour) |
|  | Sleep with humidifier to avoid shore throat. |  |
|  | Keep hydrated by drinking a lot |  |

Sources: <https://yetanotherbitterinfertile.wordpress.com/2013/07/15/dos-donts-of-recovering-from-an-adult-tonsillectomy/>

<http://www.steadyhealth.com/topics/adult-post-tonsillectomy-recovery-whats-worked-for-me>

**Activity 5:** Use these do’s and don’ts of recovering from a certain type of surgery and write the dialog script. After that, practice and perform the dialog with your friend.

**Activity 6:** Discussion

1. Have you ever experienced surgery?

(YES)

What kind of surgery was it?

When did it happen?

Did you remember the do’s and don’ts?

(NO)

Have you ever seen anybody around you or close to you who experienced surgery?

What kind of surgery was it?

When was it?

Do you know the do’s and don’ts that the patient should do during recovery period?

**Activity 7:** Reflective Learning Journal

1. What do you remember about today’s lesson?

**Assignment:**

1. Write the script of Dialog 1 (from the video) and Dialog 2 (your own dialog)
2. Write your reflective journal: What did you remember most about today’s lesson? And what do you think you would apply?