

البحث الرابع

Effects of Zikr Meditation and Jaw Relaxation on Postoperative Pain, Anxiety and Physiologic Response of Patients Undergoing Abdominal Surgery

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Abstract: The surgical experience and hospital environment is an anxiety-provoking event. Pain and anxiety are the most common distressing adverse effects in the early postoperative period. Routine pharmacologic Methods may impair the recovery of patients for their sedative and emetic effects. Therefore, patients' relaxation is the cornerstone for a successful post operative pain & anxiety managements and it is among the interventions addressed to improve physiologic response. **The aim of this study was** to examine the effects of zikr meditation and Jaw relaxation on reducing postoperative pain, anxiety and physiologic response. **Research hypothesis:** the study hypothesized that Patients who practiced zikr meditation & Jaw relaxation exercise in experimental group have less pain, anxiety and physiologic parameter than in control group & pre intervention. **Setting:** the study was conducted at surgical wards in Mansoura University Hospitals. **Results:** the findings of the present study showed that patients undergoing surgery who practice zikr meditation & jaw relaxation have significantly lower subjective indices of anxiety and pain, after following the guideline of Zikr meditation & jaw relaxation practice. However, the study showed that there was no statistically significant difference between the two groups in the physiological responses. These responses included the systolic and diastolic blood pressure, heart rate, and respiratory rate. These findings imply a possible benefit of such guideline in improvement of the delivery of efficacious nursing management that decreases pain severity and anxiety for patient undergoing surgery. **Conclusion:** Study



concluded that management of pain and anxiety in surgical patients is an important concern for clinical professionals. The results of this study indicate that patients undergoing surgery who practice zikr meditation & jaw relaxation exercise have significantly lower subjective indices of anxiety and pain, after following the guideline of Zikr meditation & jaw. **The present study recommended** that zikr meditation & jaw relaxation therapy could be incorporated into clinical practice as a routine nursing intervention before and after abdominal surgery.

إمضاء مقدم البحث

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