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SLEEP PROBLEMS IN PATIENTS TREATED AT SURGICAL SERVICES

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Sleep is an important need for people to be healthy both physically and spiritually. As patients need more sleep and resting, it is important to make nurses, who are responsible for taking appropriate initiatives for sleeping problems, aware of sleep qualities and how they should be evaluated. It is well known that sleeping qualities can be affected by pain, related to diseases, encounter with unknowns after surgery and environmental factors and it is aimed to determine the factors affecting the sleeping conditions of the patients in surgical clinics and to improve these factors. This descriptive study was conducted on patients treated in the training and research hospital surgical services. No sampling was applied in the study and the patients who were treated on the dates of the study (May 2016-December 2017) constituted the sample. Data has been collected through the personal characteristics data sheet and the Pittsburgh Sleep Quality Scale using face-to-face interview method. The data of the study were evaluated by appropriate statistical methods. Statistical significance level was accepted as $p < 0.05$. Two hundred and ninety seven patients have participated in the study, 44.7% of the patients were women and 55.3% were male. When the sleeping qualities are examined according to the personal information form of the participants, there was a statistically significant difference in terms of gender, hospital information state, daily sleep time, hospitalized clinic and hospital stay period ($p < 0.05$). When the patients' sleep quality during hospitalization is considered to be low according to the scale results; it is recommended that patients should be informed about the diseases and the interventions to be done. The influence on the sleep routine has to be prevented and the treatment and maintenance of the patient has to be planned to avoid any change in the sleeping patterns.

Biography

Zehra AYDIN was born in Iğdır, Turkey in 1986. She graduated Master of Science in 2014. She is PhD student in Istanbul University Institute of Health Science. Her department is surgery and she has been working in Hitit University Health School since 2013.

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