



## Study on the Effect of Rapid Rehabilitation Nursing in Postoperative Rehabilitation of Laparoscopic Inguinal Hernia Surgery Patients

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### Case Blog

Inguinal hernia is a common clinical disease. The incidence of Inguinal hernia in males is significantly higher than that in females. Inguinal hernia refers to a mass formed by the protrusion of the internal organs of the abdominal cavity to the body surface due to the defect of the groin [1]. At present, laparoscopic complete extraperitoneal mesh implantation is often used in clinical treatment of inguinal hernia, which has the advantages of beauty, small wound, fast recovery, etc. This operation needs to be supplemented by nursing intervention to reduce some of the possible problems in the perioperative period [2]. Rapid rehabilitation nursing is a newly emerging nursing method, which is of great significance for improving the effect of surgery, ensuring the smooth implementation of the surgery and the recovery of patients after surgery [3]. We can formulate a nursing plan according to the actual situation of the patient, and implement nursing operations according to the plan. As an advanced nursing method that relying on evidence-based medicine, rapid rehabilitation nursing has been applied in general surgery patients in recent years, and its application effect also deserves further exploration. In order to clarify the effect of rapid rehabilitation nursing intervention on postoperative complications, postoperative recovery and satisfaction of patients, the clinical data of 108 patients were selected for analysis. And the effect of rapid rehabilitation nursing intervention on patients with laparoscopic inguinal hernia surgery was explored.

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The report is as follows: From July 2018 to June 2021, 108 patients who underwent laparoscopic inguinal hernia surgery in the Department of General Surgery, East Hospital District, and the Affiliated Hospital of Xuzhou Medical University were selected as the study subjects. According to the random number table method, the patients were divided into an observation group and control group, 54 cases each. All patients provided written informed consent. This study was conducted in accordance with the Declaration of Helsinki. There was no significant difference in age, course of disease, and classification of inguinal hernia and other general characteristics between the two groups, which was comparable ( $P > 0.05$ ). The control group adopted the conventional perioperative nursing mode, while the observation group used the rapid rehabilitation nursing on the basis of the nursing measures of the control group. The measures are as follows: (1) Preoperative nursing: A comprehensive understanding of the patient's age, disease status, education level, and family situation will be conducted to evaluate and analyze the rehabilitation impact after surgery, and formulate a comprehensive treatment plan for the patient. We carry out health education on the laparoscopic inguinal hernia surgery surgical process, surgical results, postoperative precautions, etc., for patients and their families, to help patients relieve anxiety, and improve patients' awareness of the disease. At the same time, inform patients of the significance and main role of rapid rehabilitation surgical care, and increase patient compliance. (2) Intraoperative nursing: General anesthesia for the operation. During the operation, we control the temperature of the operating room at 22% to 25% and the humidity at 50% to 60%. During the operation, a heated blanket can be used to keep warm, and the patient's body temperature can be monitored and controlled at 36% to 36.5%. At the same time, we strictly control the infusion volume, infusion speed and flushing liquid volume, especially the infusion of sodium containing liquids. The patient returns to the ward after waking up from anesthesia and makes handover with the ward nurse. (3) Postoperative nursing: After the operation, a sandbag was placed in the incision of the patient for 24 h to prevent wound bleeding. When lying down after the operation, a soft pillow can be placed under the knee to slightly bend the hip joint, reduce abdominal wall tension, and facilitate incision healing and wound pain

relief. Encourage patients to eat as soon as possible, and give them liquid food to promote the recovery of gastrointestinal function. For patients with obvious pain, use self-controlled analgesia or take painkillers to relieve pain.

The time of catheter removal, the time of getting out of bed for the first time and the time of discharge in the observation group were earlier than those in the control group, and the difference was statistically significant ( $P < 0.05$ ). The incidence of postoperative complications such as infection and bleeding in the observation group was significantly lower than that in the control group ( $P < 0.05$ ). The Visual Analogue Scale (VAS) and sleeping time in the observation group were significantly better than those in the control group ( $P < 0.05$ ). In addition, the satisfaction of treatment of the observation group was better than that of the control group (satisfaction = (very satisfied + general satisfied)/total cases  $\times$  100%).

Laparoscopic inguinal hernia repair surgery is a common surgical procedure for the treatment of inguinal hernias. It has the characteristics of less pain and quick recovery. The treatment effect is good, but there are still some patients with surgical site infection and poor healing after surgery, which delays the recovery of patients [2]. Therefore, the prevention of complications is particularly important. This requires not only the standard and careful operation of the clinician but also the assistance of high-quality care. Rapid rehabilitation theory is a new concept put forward by evidence-based medicine, which comprehensively applies the knowledge of surgery, nursing, anesthesiology and other fields in surgical nursing and treatment. In recent years, rapid rehabilitation surgical nursing has been widely used in perioperative nursing of various internal and surgical operations, and the application effect is remarkable [4,5]. This study compares the advantages of rapid rehabilitation surgical nursing model and conventional nursing model in perioperative nursing of Laparoscopic Inguinal Hernia Surgery patients, and analyzes the application value of rapid rehabilitation nursing from

many aspects. The results of our study showed that the postoperative recovery time of patients with rapid rehabilitation nursing is shorter, and the postoperative complications are significantly less than those of patients with routine nursing care. At the same time, after receiving rapid rehabilitation nursing, the satisfaction of treatment of the observation group was better than that of the control group. The above results all revealed that the rapid rehabilitation nursing mode had the advantages of good curative effect and high efficiency in Laparoscopic Inguinal Hernia Surgery patient care.

In conclusion, the rapid rehabilitation nursing model helps to promote the postoperative recovery of Laparoscopic Inguinal Hernia Surgery patients, reduce the risk of complications and improve nursing satisfaction, which is worth popularizing in clinical practice.

**Keywords:** Inguinal hernia; Laparoscopic; Rapid rehabilitation nursing.

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