



▼ UNDERGRADUATE ABSTRACTS

UG -16 : A STUDY TO ASSESS THE EFFECTIVENESS OF PASSIVE RANGE OF MOTION EXERCISE ON SLEEP AMONG PATIENTS UNDERGONE ORTHOPAEDICS SURGERY IN MGMCRI AT PUDUCHERRY.

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Introduction: The effect of immobilization leads to many complication related to different systems in our body. The goals of orthopedic surgery procedure are as follows to improve the patient's body function's to recover their movement and stability and to alleviate pain and disability and to improve the sleep. Hence this study was undertaken to assess the effectiveness of passive range of motion exercise on sleep among patients undergone orthopaedics surgery in MGMCRI at Puducherry.

Objectives: To assess the level of sleep among patient undergone orthopaedics surgery. To assess the effectiveness of passive range of motion exercise on sleep among patient undergone orthopaedics surgery. To associate the level of sleep among patient undergone orthopaedics surgery with their selected demographic variables

Methodology: The study was adopted with quantitative research approach and use pre-experimental (one group

pretest & post-test) design, 30 patients undergone orthopaedic surgery was selected from MGMCRI at Puducherry by using purposive sampling technique and the data were collected by using demographic variables. The assessment of quality of sleep was done by using Graningen Sleep Quality Score respectively as pre-test and post-test with intervention of passive range of motion given to the patients undergone orthopaedics surgery.

Results: The level of sleep among patients undergone orthopaedics surgery during pre-test and post-test were assessed. In pre-test among 30 patients 15(50%) were having poor sleep and 13(43.3%) were having moderate sleep .In post test 28(93.3) were having good sleep and 2(6.7)were having moderate sleep. The effectiveness of passive range of motion exercise on sleep among patient undergone orthopaedics surgery in the pre-test and post-test mean sleep level was 9.63 and 3.33. the improvement was statistically tested by paired t- test which was found to be highly statistically significant

at $p < 0.001$ level it indicates that passive range of motion exercise was highly effective to improve the sleep among patients undergone orthopaedics surgery.

Conclusion: Passive Range of Motion Exercise is highly effective to improve the sleep and easily can do and which is very beneficial for all patients undergone orthopedics surgery.