

23RD EUROPEAN

HEART DISEASE AND HEART FAILURE CONGRESS

February 19-21, 2018 | Paris, France

Effect of ice cube application on pain perception and ecchymosis of patients with cardiovascular problems, prior to giving low molecular weight heparin**Gaytri Batra**
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Abstract

Background: Subcutaneous low molecular weight heparins are frequently prescribed for the prevention of deep vein thrombosis and other cardiovascular conditions. As ecchymosis resulting from low molecular weight heparin (LMWH) reaches its peak at 48hrs & begins to resolve around 72hrs of injection. Although there are many actions performed to prevent this complication while administering injection, but researcher selected the cheapest, easily available, noninvasive, non-pharmacological intervention in the form of Ice – cube application, for control of pain and ecchymosis in patients receiving LMWH prior to giving injection.

Objective: To assess and evaluate the differences in levels of Pain perception and ecchymosis with or without application of ice cube prior to administration of heparin.

Methodology Research Design: post test only control group design

Setting of the study: Safdurjung Hospital, New Delhi.

Study unit/ Areas: cardiology ward and CCU

Population: patients suffering with cardiovascular problems.

Sampling technique: Purposive

Sample/Sample size: Patients receiving LMWH/ 30 for experimental and 30 for control group

Tool and technique: The patients in the intervention group received ice application before the administration of LMWH and were assessed for the ecchymosis and pain perception using Numerical rating scale for pain and transparent ruler scale to measure the total surface area of ecchymosis. Subjects were asked to rate pain by showing the flash chart of standard pain rating scale immediately after the needle was withdrawn and Ecchymosis was observed 48hrs after the day of injection. Patients in the control group received LMWH as per the standard protocol without any ice application. The data was collected in the month of Feb'12.

Results: The obtained difference between experimental and control group Ecchymosis score and pain perception score was found to be:

Conclusion: The ice cube application was significantly effective in reducing pain perception. The ecchymosis also got reduced in intervention group though it was not statistically significant possibly due to smaller group

Biography

She is working as a faculty at AIIMS, New Delhi. She has worked in Operation Theater. Her interest of area is cardiology. She did post-graduation diploma in hospital administration in 1988-1989, she did her masters in nursing in year 2010- 2012. This research work is done as a part of her thesis cardiology.

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