

A Prospective Observational Study of Patient Related Outcome of Post Hysterectomized Females

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Abstract

Background: Women who had undergone hysterectomy have to overcome problems related to physical, social and emotional well being. As the hysterectomy is one of the most common surgeries, a study was conducted to answer the question for the optimal surgical recovery. This study aims to describe the relationships between recovery time and the components of quality of life after hysterectomy.

Aims and Objectives: To study the physical, social, and emotional well being of post hysterectomised patient.

Methodology: Study was conducted in Department of Obstetrics and Gynaecology at Bharati hospital, Pune. It was a prospective observational study of patient related outcomes to study the physical, social, and emotional well being of post hysterectomised patient.

Post hysterectomized women above 40 years were included in this study.

196 post hysterectomised women were included. Study was conducted from October 2021 to January 2024.

Results: From third month onwards, degree of difficulty of majority of patients was reduced in all mentioned activities. Majority of cases there was gradual health improvement noted. The pain score was reduced over 3 months in 92% cases and in almost all patients over 6 months.

Conclusion: It is important to assess quality of life after any surgery, so timely intervention such as physiotherapy, counselling, psychotherapy and medical therapy can aid in improvement of both physical and emotional health for betterment of patient care.

Keywords: Post Hysterectomy; Quality of life.

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INTRODUCTION

Hysterectomy, removal of the uterus, is a common surgical procedure used to treat gynaecological morbidities such as fibroids, cysts, and uterine prolapse in women typically close to or after menopause.

Although it is not the only way of overcoming problems in the reproductive organs, it is the best strategy to deal with many diseases permanently.^{3,4} The uterus is a very critical reproductive organ, especially for married women. Hysterectomy has several impacts on women, affecting the quality of

life.⁷⁻⁹ This effects include physical, psychological, environmental and social relations.¹⁰⁻¹¹ Social relationships refer to the interactions between different individuals and how it affects them. It includes personal relationships, social support and sexual activity.^{12,13} In the personal relations post-hysterectomy women experience changes as they adapt to the environment, such as eating and drinking, obeying regulations, building a shared commitment in a group or community, personal beliefs about strength when facing difficulties and even confidence in themselves.^{14,15} Some post-hysterectomy women receive social support from friends and family.¹⁶

Different length of recovery time period may affect quality of life after hysterectomy. Adequate help and support from friends, family and health

care professionals, could improve their quality of life after surgery.


MATERIALS AND METHODS

Study was conducted in Department of Obstetrics and Gynaecology at Bharati hospital, Pune. It was a prospective observational study

To study the physical, social, and emotional well being of post hysterectomised patient.

Post hysterectomized women above 40 years were included in this study.

196 post hysterectomised women were included. Study was conducted from October 2021 to February 2024.

DEPARTMENT OF OBSTETRICS & GYNECOLOGY						
PATIENT REPORTED OUTCOME MEASURES FORM - HYSTERECTOMY						
SR	POINT	SUB POINT	1st visit	after 3 month	after 6 month	after 12
1	For each of the following activities, please indicate the degree of difficulty you have experienced in last week – after your surgery (kindly tick)	1. Rising from bed	3	2	1	0
		2. Putting on clothes	4	2	1	0
		3. Standing from sitting	4	2	1	1
		4. Bending to floor	4	2	1	1
		5. Squatting	4	2	1	1
2	In general, would you say your health is	1. Excellent				√
		2. Very Good			√	
		3. Good	√			
		4. Fair	√			
3	On a scale of 0-10 with 0 being no pain at all and 10 being worst pain imaginable , please indicate your average pain	Intensity: (using scales below) Wong-Baker FACES Pain Rating Scale** 	8	5	0	0
4	The following items are about activities you might do during a typical day . Does your health now limit you in these activities? (from 3 rd month onwards)	1. Moderate activities such as washing clothes				
		a. Yes, limited a lot				
		b. Yes, limited a little	√			
		c. No, Not limited			√	√
		2. Climbing several flights of stairs.				
		a. Yes, limited a lot				
b. Yes, limited a little	√					
c. No, Not limited at all				√	√	
5	Are you experiencing postmenopausal symptoms like hot flushes, irritability, depression or any other after	• Yes	√			
		• No		√	√	√
6	If yes, how much is it affecting your day to day activities?	• To limited extent	√			
		• A lot				
		• Not at all			√	√
7	Do you feel there is a need to seek treatment for complaints mentioned above?	• Yes	√			
		• No			√	√
8	organs is removed is disturbing you psychologically or physically?	• Yes				
		• No	√		√	√
9	Has surgery affected your sexual	• Yes				
		• No	√		√	√

Following tables and questionnaire were used for the same:

Inclusion Criteria:

196 post hysterectomised women beyond 40 yrs of age were included

Exclusion Criteria:

Women of age less than 40 years.

Tools of data collection: Data was collected by interviewing the participants in detail. Detailed history in respect to menstrual cycles, abnormal uterine bleeding, level of activity after hysterectomy was ascertained and correlated clinically and above table of questionnaire was used for interviewing

the patients

OBSERVATIONS AND RESULTS

It is a prospective observational study was conducted in Bharati hospital.

All post hysterectomized (TAH and TLH) women were meticulously observed and Hence their physical and mental well being was studied.

Following tables and questionnaire were used for the same.

Q1 For each of the following activities, please indicate the degree of difficulty you have experienced.

Table 1: Rising from bed

	Freq (%)	Last week	After 3 months	After 6 months	After 12 months
	1	-	13 (6.6%)	75 (38.3%)	64 (32.7%)
	2	-	102 (52%)	10 (6.1%)	3 (1.5%)
<i>Scores</i>	3	22 (11.2%)	70 (35.7%)	2 (1%)	-
	4	174 (88.8%)	-	-	-
	Total	-	185 (94.4%)	87 (44.4%)	67 (34.2%)

Table 2: In general health

	Freq (%)	Last week	After 3 months	After 6 months	After 12 months
	Fair	57 (29.1%)	8 (4.1%)	8 (4.1%)	-
<i>Scores</i>	Good	136 (69.4%)	68 (34.7%)	3 (1.5%)	-
	Very good	2 (1%)	9 (4.6%)	12 (6.1%)	-
	Excellent	-	-	55 (28.1%)	63
	Total	195	85 (43.4%)	78 (39.8%)	196

Table 3: Average pain

	Freq (%)	Last week	After 3 months	After 6 months	After 12 months
	Fair	57 (29.1%)	8 (4.1%)	8 (4.1%)	
<i>Scores</i>	Good	136 (69.4%)	68 (34.7%)	3 (1.5%)	
	Very good	2 (1%)	9 (4.6%)	12 (6.1%)	
	Excellent			55 (28.1%)	63
	Total	195	85 (43.4%)	78 (39.8%)	196

Table 4: Moderate Activity

	Freq (%)	Last week	After 3 months	After 6 months	After 12 months
<i>Scores</i>	Yes	175 (89.3%)	21 (10.7%)	8 (4.1%)	-
	No	21 (10.7)	175	3 (1.5%)	-
	Total	196	85 (43.4%)	78 (39.8%)	196

Table 5: the fact that one of your body organs is removed is disturbing you

	Freq (%)	Last week	After 3 months	After 6 month	After 12 months
<i>Scores</i>	Yes	16 (8.2%)	-	-	-
	No	180 (91.8)	63 (32.1)	66 (33.7)	-
	Total	196	85 (43.4%)	78 (39.8%)	196

DISCUSSION

Absolutely, assessing quality of life after surgery is crucial for understanding the holistic impact of the intervention on patients' physical, emotional, and social well-being. Physiotherapy plays a vital role in post-surgical rehabilitation by addressing physical limitations, promoting recovery, and improving overall quality of life.

Physiotherapy interventions can include exercises to regain strength, flexibility, and range of motion, as well as techniques to manage pain and reduce swelling. Moreover, physiotherapists often provide education on proper body mechanics and strategies for activities of daily living, which can enhance independence and functional ability.

In addition to its physical benefits, physiotherapy can also have positive effects on emotional health by boosting confidence, reducing anxiety, and promoting a sense of well-being through increased physical activity and social interaction.

By integrating physiotherapy into post-surgical care, healthcare providers can optimize patients' recovery and help them achieve the best possible outcomes in terms of both physical function and overall quality of life.

SUMMARY AND CONCLUSION

Post hysterectomized women should be monitored post-operatively for physical, mental, social well being, if any complications and complaints should be addressed and timely intervention should be done. this can further enhance the lifestyle and well being of post hysterectomized patients.

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