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## Effect of incentive spirometry on post-operative recovery

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Post-operative care is management of patients after any surgery. The main goal of post-operative care is to prevent complications i.e. atelectasis and infection. The other objective is early healing of the surgical incision and return of patient to a state of health. About 17% to 88% of people in postoperative duration will have decreased lung volumes. This decreased lung volume problem can be solved with the use of incentive spirometry in the postoperative period on Day 1. Incentive spirometer is perioperative respiratory therapy given to postoperative patients to improve lung volume of patients and hasten recovery of patients also. The main aim of study was to identify effect of Incentive spirometry on postoperative patient's recovery. It was a pre-experimental study with pre-test-posttest design only, which was done on post-operative patients at All India Institute of Medical Sciences, Rishikesh. Data collection tools consist of two parts. Part I consists of socio-demographic variable including age, gender, and diagnosis. Part II consist of observation checklist in which patients were observed when they were doing incentive spirometry (Take 15 breaths with spirometer in every 2 hours) on Day 1, 2 and 3 and check their performance level i.e. score=0, not able to perform, score=1 means inadequate, score=2 means moderately adequate and score=3 meaning adequate performance. Data analysis was done using descriptive statistics and inferential statistics. For socio-demographic data frequency and percentage were calculated. Chi square test was used to find relationship of socio-demographic variables with pre-test and post-test results. t test was applied to identify difference between pre-test and post test results. Majority (52 %) of participants were 41 to 50 years age group. The male and female ratio for participants was 46:54. paired 't' test p value i.e. 0.00\* with CI [0.72,

1.03] showed that on pretest and Day 3 performance level on incentive spirometry of participants showed a significant value, which indicated that spirometer enhanced recovery of post-operative patients by increasing their lung volumes. This study revealed that incentive spirometry is effective in improving pulmonary function among post-operative patients, which further improves blood circulation and hasten early recovery of surgical wound. This spirometry should be an integral part of post-operative care. All nurses who are involved in postoperative units should encourage patients to do it on a regular basis and document it as a vital sign.

### Recent Publications

1. S Seema, Kusum K Rohilla, Vasantha C Kalyani, Prerna Babbar. Prevalence and contributing factors for adolescent obesity in present era: Cross-sectional Study. *J Family Med Prim Care*, 2021, 10(5): 1890–1894.
2. Rakesh Sharma, Kusum K Rohilla, Lisa Chadha, Priyanka Malhotra, S Sharmila, Prasuna Jelly. Strategy to prevent infection from Covid-19 among security officers of tertiary care centre: A pre-experimental study. *J Family Med Prim Care*, 2021, 10(9): 3257-3261.
3. Raman Sharma, Mahendra Kumar, Kusum K Rohilla. COVID-19 Infodemic: Evaluating Information-Seeking Behaviour Among Healthcare Workers During a Pandemic. *Cureus*, 2022, 14(1): e20910.

### Biography

Kusum K Rohilla is perusing her PhD from All India Institute of Medical Sciences, Rishikesh, India. She has over 25 publications that have been cited over 50 times, and her publication H-index is 5 and has been serving as a reviewer of reputed journals.

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