# Answers to Questions in the Workbook, Chapter 43, Caring for Surgical Patients

Activity A FILL IN THE BLANKS

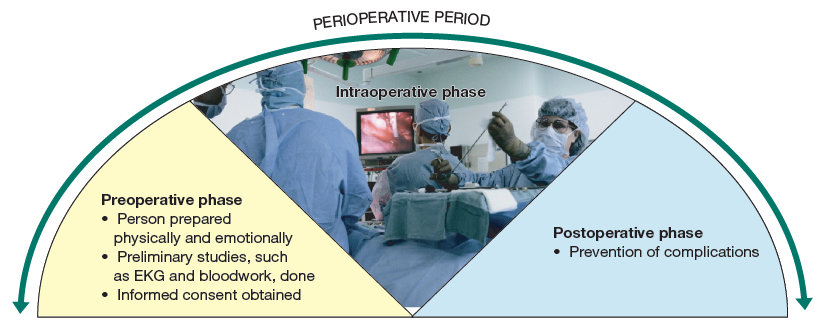
* 1. Surgery is a branch of medicine that involves treating diseases and disorders by entering the body and physically removing or repairing damaged organs or tissues.
  2. Exploratory surgery may be performed when a person has a significant medical problem but doctors do not know exactly how bad the problem is or exactly what is causing it.
  3. Definitive surgery is performed when the person’s medical problem is known and the best way to address it is through surgery.
  4. Surgeries are performed on an elective basis when the procedure is planned for and scheduled ahead of time.
  5. Urgent surgeries are planned and scheduled ahead of time, but usually, an effort is made to schedule the procedure as soon as possible to prevent the person’s condition from getting worse.
  6. An emergent surgery is one that must be performed immediately to prevent the person from dying or becoming disabled.
  7. Anesthesia prevents the person from feeling pain during the surgery, and is accomplished through the use of medications.
  8. General anesthesia causes a loss of consciousness.
  9. To numb the body from the waist down during childbirth, a patient is given regional anesthesia.
  10. Eye surgeries, breast biopsies, and hernia repairs are examples of surgeries that are often performed under local or topical anesthesia.

Activity B MULTIPLE CHOICE

1. c. A face-lift

2. a. Pneumonia

3. b. Urgent

Activity C LABEL AND FILL IN THE BLANKS  


1. During the preoperative phase, the person is prepared physically and emotionally for the surgery.

2. During the intraoperative phase, the surgery is performed.

3. During the postoperative phase, the person recovers under the watchful eye of the health care team.

4. These phases together are called the perioperative period.

Activity D SHORT ANSWER

A person facing surgery usually has many fears, concerns, and worries. For example, the person may be afraid of not waking up from the anesthesia, dying as a result of the surgery, or experiencing pain during or after the procedure. If the person is having exploratory surgery, the person may be very worried about what the doctor will find (for example, a malignant tumor). Many people worry about how long it will take to recover from the surgery, and what this will mean in terms of time missed from work and lost income needed to support a family. To help reduce a person’s anxiety about the upcoming surgery, the health care team spends time talking with the person and family members about the procedure, its benefits and possible risks, and what can be expected during the postoperative recovery period.

Activity E IDENTIFY

1. NU

2. NA

3. D

4. NU

5. NA

6. NA

7. NU

8. D

9. NA

10. NU

* 1. D
  2. NU or D
  3. NA
  4. NU
  5. NU
  6. D

Activity F MATCHING

1. d

2. c

3. a

4. b

Activity G SHORT ANSWER

1. A person who is scheduled for surgery will usually be on NPO status for 6 to 8 hours before surgery. This is necessary to ensure that the person’s stomach is empty during and after the procedure. It is common for a person who has had general anesthesia to vomit as the anesthesia is given or starts to wear off. Vomiting while in a semiconscious state puts the person at risk for aspiration (the inhalation of foreign material into the lungs). Aspiration puts the person at risk for developing pneumonia. Going into the procedure with an empty stomach helps to reduce the risk of aspiration and pneumonia. To help make being on NPO status more tolerable for the patient, the nursing assistant can provide frequent mouth care and suggest to visitors that they enjoy their food and beverages somewhere else, away from the person on NPO status.

2. After a sedative has been given, the side rails must remain up on the bed or stretcher and the person must not get up without assistance, because the sedative may make the person drowsy and weak.

Activity H FILL IN THE BLANKS

a. Immediately after surgery, the person is taken to the postanesthesia care unit (PACU), also known as the recovery room.

b. While in the PACU, the person usually receives supplemental oxygen. Suctioning is also available, in case the person vomits or has secretions that interfere with respiration.

c. A surgical bed is prepared for a patient who is in surgery so that it is ready to receive the patient after surgery.

d. Children may be positioned laterally or in the Sims’ position to help prevent aspiration in the event of vomiting.

e. Common respiratory complications of surgery include pneumonia and atelectasis.

f. Exercises commonly used to prevent respiratory complications include coughing, deep breathing, and incentive spirometry.

g. When blood flow slows and blood pools, a thrombus, or blood clot, may form.

h. A thrombus is one of the veins of the legs causes inflammation and pain, a condition known as thrombophlebitis.

i. A blood clot that breaks loose and moves through the bloodstream is known as an embolus.

j. Intermittent pneumatic compression (IPC) devices are devices applied to the calves to help prevent pooling of blood in the lower legs.

k. If the person has had surgery involving the digestive system, they may have a nasogastric tube connected to suction to keep the stomach empty.

Activity I SHORT ANSWER

1. While the person is in surgery, the nursing assistant is usually responsible for preparing the person’s room for their postoperative arrival. The bed linens are usually changed and a surgical bed is prepared. The bed is raised to make transferring the person from the stretcher to the bed easier. Furniture is moved, if necessary, to ensure a clear pathway for the stretcher. Finally, items that may be needed at the time of the person’s arrival are gathered and placed in the room. Items that may be needed include the following:

* + 1. Equipment for taking vital signs and a flow sheet for recording the vital signs
    2. An intravenous (IV) pole
    3. A towel and washcloth
    4. An emesis basin
    5. A bed protector
    6. Suction to connect to drainage devices
    7. Supplemental oxygen
    8. Pillows or other positioning aids to elevate the extremities
    9. Warmed blankets

2. Postoperatively, routine vital sign measurements, including temperature, are usually taken every 15 minutes for the first hour, every 30 minutes for the next 1 to 2 hours, every hour for the next 4 hours, and then every 4 hours as ordered. Any changes in vital signs must be reported to the nurse immediately because in a person who is recovering from surgery, a change in a vital sign could be the first sign that the person is developing a postoperative complication.

Activity J SHORT ANSWER

1. The patient is doing coughing and deep breathing exercises. These exercises help to prevent pneumonia and atelectasis.

2. The respiratory exercise that the patient is performing is incentive spirometry. The patient forcefully inhales through a special device called an incentive spirometer. The device consists of a tube and a chamber that contains balls. The goal is for the patient to inhale hard enough through the tube to raise the balls in the chamber.

Activity K SHORT ANSWER

Thrombi are dangerous because they can lead to serious conditions such as thrombophlebitis, stroke, or pulmonary embolism. Things that are done to lower a person’s risk of thrombus formation include (1) the application of intermittent pneumatic compression (IPC) devices, (2) the application of antiembolism (TED) stockings, and (3) leg exercises.

Activity L SHORT ANSWER

1. Reposition the person every 1 to 2 hours, using a lift sheet to minimize pain

2. Ensure good hydration and a proper diet to speed the healing process

3. Provide the bedpan or urinal as needed, promote fluids to avoid constipation, report the person’s first voiding after surgery, measure and record intake and output (I&O)

4. Assist with oral care and bathing (partial or complete bed baths); help the person to wash face and hands; change soiled gowns promptly

5. Assist with frequent, short walks; watch for signs of dizziness or lightheadedness

Activity M JUMBLED WORDS

1. Perioperative phase

2. Intraoperative phase

3. Definitive surgery

4. Thrombophlebitis

5. Atelectasis