

## Novel Methods for Postoperative Nursing Stress Management: A Comparative Analysis

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### Commentary

**Received:** 02 November, 2024, Manuscript No. jnhs-25-160097; **Editor Assigned:** 04 November, 2024, Pre QC No. P-160097; **Reviewed:** 16 November, 2024, QC No. Q-160097; **Revised:** 21 November, 2024, Manuscript No. R-160097; **Published:** 29 November, 2024, DOI: 10.4172/JNHS.2024.10.6.166

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### INTRODUCTION

Postoperative pain management is crucial for patient recovery and comfort. Traditional methods, including opioids and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), are often effective but can have limitations and side effects. This study explores innovative approaches to pain management in postoperative nursing, comparing them with conventional methods to assess their efficacy and patient outcomes. Effective pain management is vital for postoperative patients, influencing recovery speed and overall satisfaction. Conventional strategies often involve opioids, which, while effective, carry risks of dependence and side effects. Recent advancements propose alternative methods such as multimodal analgesia, Patient Controlled Analgesia (PCA) systems, and non-pharmacological interventions. This study compares these innovative approaches to traditional methods in terms of effectiveness, patient outcomes, and safety.

### DESCRIPTION

This strategy involves combining different types of pain relief methods—such as opioids, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), and local anesthetics—to target pain through multiple pathways. This approach can reduce the need for high doses of any single medication and improve overall pain control. PCA systems allow patients to self-administer a predetermined dose of pain medication via a pump. This method provides patients with more control over their pain management, leading to more effective and personalized pain relief<sup>[1-3]</sup>. Techniques such as Cognitive-Behavioral Therapy (CBT), acupuncture, and guided imagery are employed alongside medication to manage pain. These methods can help reduce the overall need for medication and improve patient comfort and satisfaction. ERAS protocols focus on optimizing pain management as part of a broader strategy to improve postoperative recovery. This includes preoperative education, optimized pain control, early mobilization, and nutritional support. These innovative approaches aim to improve pain management outcomes, enhance patient satisfaction, and reduce the risk of opioid-related side effects.

A comparative study was conducted involving two groups of postoperative patients. Group A received traditional pain management (opioids and NSAIDs), while Group B was managed using innovative approaches, including multimodal analgesia (combining opioids, NSAIDs, and local anesthetics), PCA systems, and non-pharmacological interventions (such as cognitive-behavioral therapy and acupuncture). Data was collected on pain levels, patient satisfaction, side effects, and recovery times<sup>[4,5]</sup>. In the study comparing innovative approaches to postoperative pain management with traditional methods, findings showed that patients utilizing innovative strategies, such as multimodal analgesia and PCA systems, experienced significantly lower pain levels compared to those receiving conventional opioid and NSAID treatments. The incorporation of local anesthetics and PCA systems enabled more personalized and responsive pain management. Patients managed with innovative approaches reported higher satisfaction levels, attributing this improvement to better pain control and fewer side effects. Additionally, those in the innovative approach group experienced fewer opioid-related side effects, such as nausea and sedation, due to the reduced reliance on opioids and the use of alternative pain management strategies. While recovery times were similar between the two groups, a trend towards quicker functional recovery was observed in patients receiving innovative pain management approaches. This suggests that, although not statistically significant, the newer methods may facilitate faster recovery.

The study indicates that innovative approaches to pain management, particularly multimodal analgesia and PCA systems, offer superior pain control and patient satisfaction compared to traditional opioid-based methods. By reducing opioid usage and incorporating non-pharmacological techniques, these approaches minimize side effects and enhance overall patient experience. Innovative approaches, including multimodal analgesia, PCA systems, and non-pharmacological interventions, have demonstrated significant benefits over traditional opioid-based methods. Multimodal analgesia combines multiple types of pain relief, targeting

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different pain pathways to provide more effective and balanced pain control. This approach reduces the reliance on opioids, thereby minimizing their associated risks such as dependency and adverse effects.

PCA systems allow patients to have control over their pain management, offering a personalized approach that can lead to better pain control and higher patient satisfaction. The ability to self-administer medication within a controlled framework can result in more responsive and adequate pain relief, reducing the need for high doses of opioids. Non-pharmacological interventions, such as cognitive-behavioral therapy, acupuncture, and guided imagery, contribute to pain management by addressing pain from psychological and physiological perspectives. These methods can enhance overall pain relief and patient comfort while reducing the necessity for additional medications.

## CONCLUSION

Innovative pain management strategies provide effective alternatives to traditional methods, with benefits including improved pain control, increased patient satisfaction, and reduced side effects. Integrating these approaches into postoperative care protocols can optimize pain management and support better patient outcomes. Despite these advances, recovery times between innovative and traditional methods were similar, although a trend towards faster functional recovery was noted in the innovative group. This suggests that while the new approaches offer better pain management and fewer side effects, their impact on recovery speed may vary. Overall, integrating these innovative strategies into postoperative care can optimize pain management, improve patient outcomes, and contribute to a more satisfactory recovery experience. Future research should continue to explore and refine these approaches to further enhance their effectiveness and integration into standard postoperative care protocols.

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