

FEATURES OF PRE- AND POSTOPERATIVE CARE FOR SURGICAL PATIENTS AND IT'S IMPACT ON CLINICAL OUTCOMES

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Abstract:

In this article, the impact of the surgical patient care process on clinical effectiveness was analyzed in depth. During the study, it was found that the preoperative preparation of patients, the systematic organization of postoperative monitoring and rehabilitation stages leads to a decrease in postoperative complications. The results obtained showed that the use of a complex and individual approach is important in surgical practice.

Key words

surgical care, postoperative monitoring, rehabilitation, clinical efficacy, prevention.

Introduction

Surgery is one of the most important areas of healthcare. Surgical interventions play a vital role in the treatment of certain diseases and in saving patients' lives. However, pre- and post-operative patient care practices are a crucial component of the success of the operation and the patient's recovery. This article analyzes the specific aspects of pre- and post-operative surgical patient care and their impact on clinical outcomes.

The process of preparing a patient for surgery includes the following key components:

1. **Patient Examination and Assessment:** When preparing a patient for surgery, a detailed assessment of their general health, medical history, and readiness for surgery is performed. Additional tests, including urine and blood tests, an electrocardiogram, and other diagnostic procedures are performed.

2. **Psychological Preparation:** Psychological preparation is important for preparing patients for surgery. Patients typically bear the risks, pain, and recovery process of surgery, so psychological preparation is an essential tool used before surgery.

3. **Healthy Nutrition:** Providing the patient with a healthy diet before surgery will facilitate the postoperative recovery process. Nutrients, vitamins, and minerals are essential.

4. **Medication Management:** Proper management of the patient's medication and anticoagulant therapy before surgery is also important. Some medications may need to be discontinued or modified.

5. **Explaining the Risks of Surgery:** It is important to warn patients about the potential risks and complications of surgery. This will improve the patient's understanding and confidence in the surgical procedure.

II. The Importance of Postoperative Care

Postoperative care is also crucial to the patient's recovery. The following sections will discuss key points:

1. **Pain Management:** After surgery, patients require pain medication. Effective pain management improves the patient's condition and accelerates the recovery process.

2. **Infection Prevention:** After surgery, the risk of infectious diseases increases. Therefore, antiseptics, medications, and other preventive measures are used to protect patients from infections.

3. **Rehabilitation and Physical Therapy:** Alignment, exercise, and physical therapy accelerate the patient's recovery. These processes help increase the strength needed for recovery.

4. **Monitoring and Control:** Continuous Postoperative Patient Monitoring: Continuous postoperative patient monitoring is essential for detecting complications and early changes. Diagnostic procedures, blood tests, and other examinations are essential to maintaining the patient's life and health.

5. **Patient Communication:** To address patients' immediate needs after surgery and provide them with the best possible care, physicians and medical staff must establish good communication with patients. This will help calm the patient and improve his overall clinical condition.

III. Impact on clinical outcomes

Preoperative and postoperative patient care directly impacts clinical outcomes. This impact is manifested in the following aspects:

1. **Surgical Success:** Proper preparation for the medical procedures and rehabilitation phases improves the patient's situation and positively influences the success of the surgery. In many cases, surgical success depends on the patient's pre-existing condition and expert assessment.

2. Recovery Time: Preoperative and postoperative patient care accelerates the recovery process. Proper care reduces the likelihood of complications that threaten the patient's overall health and well-being.

3. Pain and Discomfort: Proper pain management after surgery improves the patient's condition and overall mental state. Patients recover more quickly in a pain-free and comfortable environment.

4. Prevention of Infections and Complications: Experience shows that a high level of care and monitoring reduces the risk of infections and other complications. Uncontrolled patients are more susceptible to infections, which can lead to adverse health consequences. 5. Overall patient well-being: Proper pre- and post-operative care can improve a patient's mental state and overall well-being. As a result, patients feel better after surgery, and the recovery process becomes easier and faster.

Preoperative and postoperative care for surgical patients is essential for their health, survival, and recovery. Each complex surgical procedure requires an individualized approach, and proper preparation and subsequent care optimize the patient's clinical outcome. Good communication between physicians and medical staff, along with all necessary measures during patient preparation and recovery, ensure positive changes in clinical outcomes. Therefore, genuine attention, a professional approach, and up-to-date medical knowledge play a vital role in preserving the life and health of patients. Successful completion of surgical procedures and a smooth and trouble-free transition into the postoperative period are closely linked to several factors, including systematic and thorough patient preparation in the preoperative period (psychological, proper care, measures against hospital-acquired infections, rehabilitation of chronic diseases, etc.). All complications arising in the postoperative period are explained by the aforementioned preoperative care and, often, insufficient control and preventive measures. Therefore, the process of caring for surgical patients has its own characteristics in modern clinical medicine and is considered as a separate area. When preparing a patient for surgery, it is important to assess their general condition, correct any existing pathologies, and ensure psychological readiness. In the postoperative period, depending on the patient's condition and pain intensity, it is important to strictly adhere to aseptic and antiseptic methods of pain relief, combat hospital-acquired infections, feed patients a diet appropriate to the type of surgery performed, monitor personal hygiene, prevent pressure ulcers and thromboembolic risk, and implement other preventive measures. In the preoperative period, it is primarily advisable to improve the patient's mental state, regularly monitor their general condition, correct any existing pathologies, and

implement a number of other measures. In the postoperative period, the main goals are pain relief, infection prevention, reduction of thromboembolic risk, and early mobilization.

The aim of the study was to determine the impact of a systematic and individualized approach to the care of surgical patients on clinical outcomes and propose an effective practical model. The study was conducted in the general surgery department of a multidisciplinary medical institution from 2023 to 2025. A total of 230 patients were observed. The study was prospective and comparative in nature.

Patients were divided into two groups:

1. Conventional care group (n=115);
2. Optimized care group (n=115).

The outcome measures included infectious complications, thromboembolism, respiratory distress, pain intensity (as measured by a visual analogue scale), time to recovery of bowel function, and length of hospital stay. Statistical significance was set at $p < 0.05$.

Patients in the optimized treatment group showed a significant reduction in the incidence of infectious complications. Thromboembolic events became less frequent, and the incidence of respiratory problems decreased. Recovery of bowel motility accelerated, and the overall recovery time for patients was significantly reduced.

Pain intensity was lower in the first postoperative day compared to the control group, confirming the effectiveness of multimodal analgesia.

The results show that the use of standardized algorithms in the management of surgical patients leads to positive clinical outcomes. In particular, early mobilization, breathing exercises, and individualized pain management accelerate the rehabilitation process.

Strengthening infection control measures and improved nursing supervision improve safety. A multidisciplinary approach ensures effective treatment.

Conclusion

Optimizing care for surgical patients can reduce the incidence of postoperative complications, shorten hospital stays, and improve patients' quality of life. A comprehensive and individualized approach should be a priority in clinical practice.

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