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## ROLE OF FAMILY SUPPORT IN PATIENT RECOVERY AND SATISFACTION IN POST-OPERATIVE PERIOD AFTER GYNAECOLOGICAL SURGERIES

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### Article Details

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### ABSTRACT

Postoperative recovery is a multi-factorial process and is affected by many factors, including the care that patients receive from family members, particularly after gynecologic surgery. Although previous research has shown the importance of both physical and emotional support during the recovery process, little is known about how family support can enhance patient outcomes following surgery, particularly for gynecological treatments. This study aimed to investigate how family support influenced patients' recovery and satisfaction in the postoperative period following gynecological surgery. This study was conducted to determine the effects of different types of family involvement communication, physical support, and emotional support on the healing process. Cross-sectional survey targeted ninety gynecological surgeries patients in a given healthcare facility. Self-administered questionnaires and interviews were used for evaluation of family support provided to the patients in the healing process to determine the level and the effects of support on patients' results such as satisfaction, psychological well-being, and time to recovery. Quantitative data were analyzed using regression analysis in combination with descriptive statistics. The finding pointed to the effect of recovery that was well supported by family as enhancing recovery mainly the Ashtanga yoga practice facing better recovery outcomes. A significant positive relationship was established between the level of family support the patient received and their recovery period in terms of days spent in hospital, the level of postoperative anxiety and general satisfaction with the care they perceived. Better physical recovery accrued from increased patient involvement in family member post-surgical care, mobility and administration of prescribed medications. Following gynecological treatments, the support of family members is crucial in enhancing the healing process and increasing patient satisfaction. To improve patient outcomes, this study highlights the importance of involving family members in care and suggests that healthcare providers aggressively promote family engagement.

## **Introduction**

The role of family members in a patient's healthcare and recovery, particularly during surgical procedures, has been well-documented. Research indicates that the type and quality of support provided by family can significantly influence a woman's emotional, psychological, and physical healing, especially in the context of gynecological surgeries. Procedures such as tubal ligation and hysterectomy can be particularly stressful and anxiety-inducing. During these challenging times, encouragement and support from family can mitigate negative outcomes and enhance the overall post-surgery experience (1,2).

Emotional support during the postoperative period is crucial for improving recovery outcomes. Studies have shown that patients who receive emotional care from family members report lower levels of stress and anxiety, leading to better overall health. This support not only fosters a trusting relationship between patients and caregivers but also promotes faster recovery both mentally and physically. Furthermore, the presence of family support can enrich the patient-caregiver relationship, which is essential for avoiding complications and ensuring sustainable health (3,4).

Postpartum depression (PPD) is a significant concern for new mothers, affecting 10-22% of women of childbearing age. The challenges of managing new responsibilities, coupled with hormonal fluctuations and fatigue, can lead to increased stress. Family support plays a vital role in helping mothers navigate these challenges, providing encouragement and assistance during the postpartum period. The perception of family support can significantly impact a mother's mental health, serving as a protective factor against PPD and contributing to overall well-being (5,6,7).

A study by Ahamnonu and Nixon highlighted the complications mothers may face during recovery from cesarean sections, including postpartum pain and emotional distress. The findings indicated that family involvement in household chores and infant care significantly improved recovery outcomes. Patients who received physical support from family members were able to rest adequately, which is critical for both physical healing and emotional well-being. This study underscored the importance of strong family involvement in enhancing maternal confidence and recovery (8,9,10).

Another study by Digenis et al. found that family support not only expedited recovery after gynecological surgeries but also reduced hospital stays. Patients with strong family support experienced less stress and emotional distress, which contributed to a quicker recovery process. Conversely, those without family support faced loneliness and increased emotional stress, leading to prolonged hospital stays. This research emphasized the critical role of family caregivers in facilitating recovery and improving mental health outcomes for patients (11).

In addition to improving recovery times and reducing stress, family support has broader implications for maternal health. Studies have shown that women who receive consistent family support are more likely to engage in healthy behaviors, adhere to medical advice, and maintain positive mental health. This holistic approach to recovery not only benefits the individual but also strengthens family dynamics and relationships, creating a supportive environment conducive to overall well-being (12,13).

In conclusion, the impact of family support on patient recovery, particularly in the context of gynecological procedures and postpartum care, is profound. Emotional and physical support from family members can significantly enhance recovery outcomes, reduce stress, and improve mental health. As healthcare practices evolve, recognizing and integrating family involvement into patient care strategies will be essential for promoting better health outcomes for women undergoing surgical procedures and navigating the challenges of motherhood.

## **MATERIAL AND METHODS**

**Study Design:** Cross Sectional Retrospective Study. A review of medical records of patients who have undergone gynecological surgeries. The study will focus on how family support affects the patient recovery and satisfaction.

**Settings:** Social Security Hospital Multan Chungi, Lahore, Pakistan. Data was conducted from surgical and anesthesia department of hospital.

**Study Duration:** 4 Months

**Sample Size:** 90 Patients

**Sampling Technique:** Simple random sampling technique (14)

**Inclusion Criteria:**

- ☐ Patients between the age of 20-55.
- ☐ Patients who had undergone gynecological procedures (15).
- ☐ Patients who are in the recovery phase

**Exclusion Criteria:**

- ☐ Patients below the age of 20 and above the age of 55 (16).
- ☐ Patients undergone surgeries other than gynecological surgeries.
- ☐ Patients with severe psychological disorders or cognitive impairments

**Data collection procedure:** The study examines the impact of family support emotional, financial, informational, and physical on patient recovery, psychological well-being, and satisfaction. Data was collected through surveys and interviews, utilizing specific instruments to measure recovery outcomes and satisfaction levels.

**Data analysis procedure:** Data were analyzed by SPSS. Summary statistics was used to describe the impact of availability or absence of family support, attendant on the female's postoperative mental health, recovery and satisfaction after gynecological procedures (17).

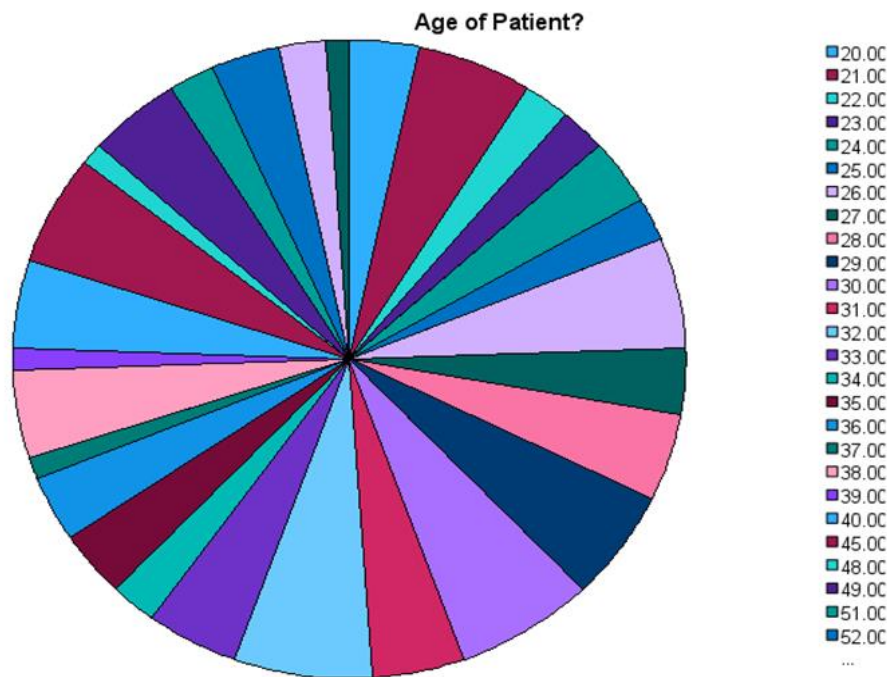
**RESULTS:**

**Table 1: Age of Patients?**

This table shows that gynecological procedures perform in age as younger as 20 year and as older as 55 years but vary in procedures which discuss later. According to this table mostly gynecological procedures perform at age of 30 and 32 years

Age of Patients?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20.00	3	3.3	3.3	3.3
	21.00	5	5.6	5.6	8.9
	22.00	2	2.2	2.2	11.1
	23.00	2	2.2	2.2	13.3
	24.00	3	3.3	3.3	16.7
	25.00	2	2.2	2.2	18.9
	26.00	5	5.6	5.6	24.4
	27.00	3	3.3	3.3	27.8
	28.00	4	4.4	4.4	32.2
	29.00	5	5.6	5.6	37.8
	30.00	6	6.7	6.7	44.4
	31.00	4	4.4	4.4	48.9
	32.00	6	6.7	6.7	55.6
	33.00	4	4.4	4.4	60.0
	34.00	2	2.2	2.2	62.2
	35.00	3	3.3	3.3	65.6
	36.00	3	3.3	3.3	68.9
	37.00	1	1.1	1.1	70.0
	38.00	4	4.4	4.4	74.4
	39.00	1	1.1	1.1	75.6
	40.00	4	4.4	4.4	80.0
	45.00	5	5.6	5.6	85.6

Figure 1: Pie chart showing patients of all ages between 20-55 undergone gynecological procedures

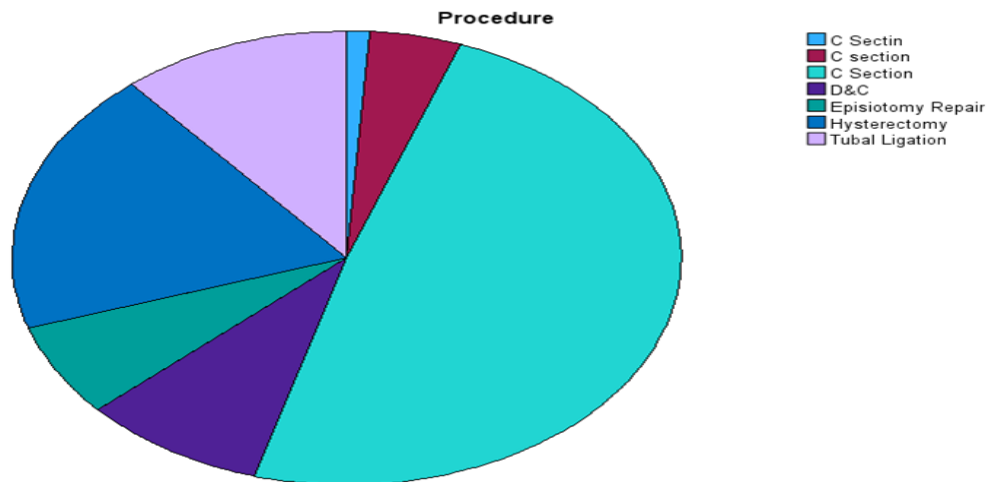


**Table 2: Common gynecological procedures**

After asking questions from our population, we identified that mostly performed procedure is Cesarean Section (54.4%), while patients also undergoing other gynecological procedures (Tubal ligation (11.1%), Hysterectomy (18.9%), episiotomy repair (6.7%), D&C (8.9%))

		Procedure			Cumulative Percent
		Frequency	Percent	Valid Percent	
Valid	C Section	49	54.4	54.4	54.4
	D&C	8	8.9	8.9	63.3
	Episiotomy Repair	6	6.7	6.7	70.0
	Hysterectomy	17	18.9	18.9	88.9
	Tubal Ligation	10	11.1	11.1	100.0
	Total	90	100.0	100.0	

**Figure 2: Pie chart showing mostly performed gynecological procedures**



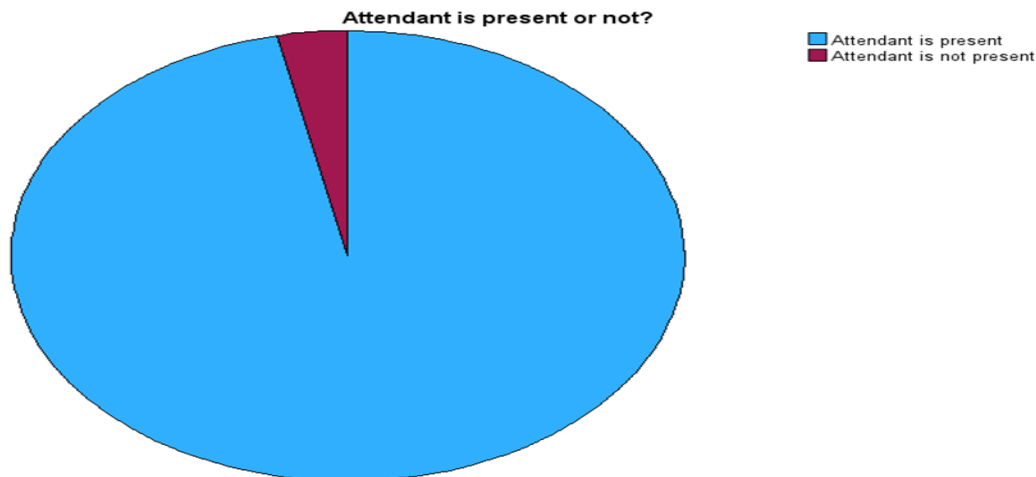
**Table 3: Attendant is present or not?**

This table shows that attendant present with most of patients 96.7% that influence patient outcome in a positive way, while 3.3% are those without any Attendant

**Attendant is present or not?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Attendant is present	87	96.7	96.7	96.7
	Attendant is not present	3	3.3	3.3	100.0
	Total	90	100.0	100.0	

**Figure 3: Pie chart showing how frequently attendant present with patient to console them**



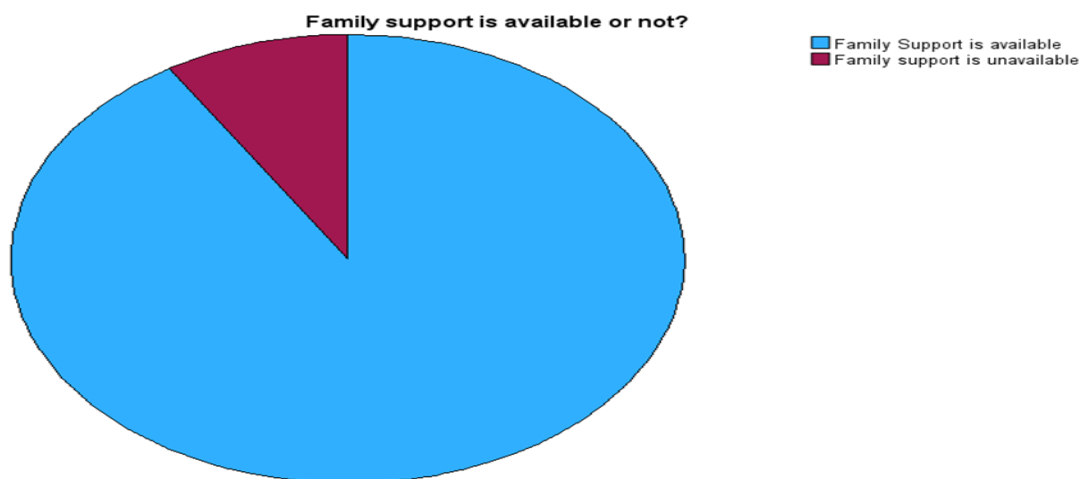
**Table 4: Family support is available or not?**

By asking patients we noticed that 91.1% patients confirms the availability of family support with them, while 8.9% do not have family support.

**Family support is available or not?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Family Support is available	82	91.1	91.1	91.1
	Family support is unavailable	8	8.9	8.9	100.0
Total		90	100.0	100.0	

**Figure 4: Pie chart showing the availability of family support**

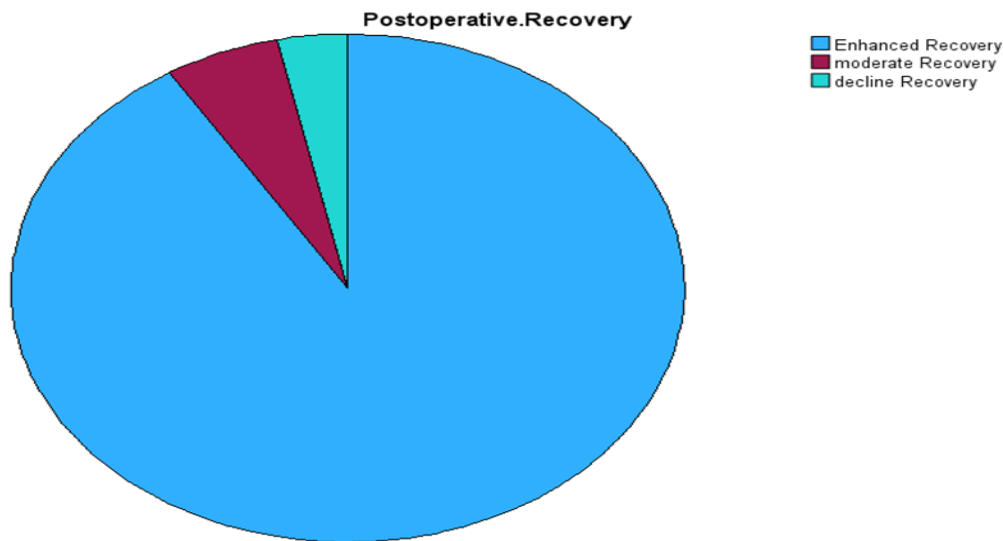


**Table 5: How family support and attendant presence impact post-op recovery**

Table shows that 91.1% patients highly recovered who had family support with them while 5.6% patients who do not have attendant at the time of procedure recovered moderately but 3.3% patients who do not have attendant and family support at the same time do not recover fastly and decline recovery

		Postoperative Recovery			Cumulative Percent
		Frequency	Percent	Valid Percent	
Valid	Enhanced Recovery	82	91.1	91.1	91.1
	moderate Recovery	5	5.6	5.6	96.7
	decline Recovery	3	3.3	3.3	100.0
	Total	90	100.0	100.0	

**Figure 5: Pie chart showing postoperative recovery level in patients undergoing gynecological procedures with or without family support**



**Table 6: How family support and attendant presence impact post-op satisfaction?**

**Postoperative. Satisfaction**

Table shows that 91.1% Patients with Family support are highly satisfied, while 7.8% patients without family support are unsatisfied.

		Postoperative Satisfaction			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	highly satisfied	82	91.1	91.1	91.1
	satisfied	1	1.1	1.1	92.2
	unsatisfied	7	7.8	7.8	100.0
	Total	90	100.0	100.0	

**Figure 6: Pie chart showing satisfaction level in patients undergoing gynecological procedures with or without family support**



## DISCUSSION:

Family support plays a crucial role in the healing process of patients recovering from gynecological treatments, significantly influencing both emotional well-being and physical recovery. The literature consistently highlights the importance of family involvement in postoperative rehabilitation, demonstrating that such support can lead to quicker healing, reduced anxiety, and increased patient satisfaction (18,19).

Emotional health is profoundly affected by the presence of family members during recovery from gynecological surgeries, such as hysterectomies and myomectomies. Patients often experience pain, anxiety, and fear of adverse outcomes during their recuperation (20). Research indicates that family support can alleviate these feelings, providing a sense of security and reducing anxiety levels. For instance, a study by Lee and Kim (2020) found that patients with strong family support reported lower levels of anxiety and a more positive self-assessment during recovery. The emotional comfort provided by family members allows patients to express their fears and concerns openly, which can lead to improved mental health outcomes and a lower risk of developing conditions such as post-traumatic stress disorder (PTSD) (Alhassan et al., 2021) (21,22).

Family involvement is equally critical in facilitating physical recovery after gynecological surgery. Postoperative patients often face restrictions on movement, dietary choices, and medication adherence (23). Studies have shown that patients who receive robust family support are more likely to adhere to postoperative care instructions, which can significantly reduce the risk of complications and expedite recovery (Digenis et al., 2019). Family members often assist with daily activities, advocate for the patient's needs, and help manage care transitions between hospital and home, thereby enhancing the overall recovery experience (Niyigena et al., 2021). This proactive involvement not only improves patient outcomes but also fosters a stronger patient-care provider relationship, leading to higher satisfaction levels with the care received (24,25).

Patient satisfaction is influenced by various factors, including the quality of emotional and practical support received from family members during the postoperative period (26). Research indicates that perceived care quality is closely linked to the level of family support, which can enhance the overall healthcare experience (Li et al., 2022). Family support reduces feelings of loneliness and increases the sense of care, contributing to a more positive healthcare environment. When families actively participate in the recovery process, patients report higher satisfaction with their hospital stay and the quality of care received (Sirois et al., 2020). This

engagement fosters a sense of control and empowerment in patients, leading to a more favorable perception of their treatment plan and a stronger connection with healthcare providers (27,28).

The evidence underscores the vital role of family support in enhancing emotional well-being, facilitating physical recovery, and improving patient satisfaction following gynecological treatments. As healthcare practices evolve, integrating family involvement into patient care strategies will be essential for promoting better health outcomes and ensuring a more holistic approach to recovery. Future research should continue to explore the nuances of family dynamics in healthcare settings to further understand their impact on patient recovery and satisfaction (29,30).

## **CONCLUSION:**

This study underscores the significant impact of family support on patient satisfaction and recovery following gynecological procedures, particularly within the Tamil Nadu population. Close friends and relatives play a crucial role in alleviating the physical and psychological stress associated with postoperative recovery, effectively reducing anxiety and depression. When patients receive calm and compassionate support from family members, they feel more secure and better equipped to navigate the challenges of recovery, fostering a positive outlook on their treatment plan. Family involvement in daily activities such as personal hygiene, mobilization, and medication compliance not only expedites recovery but also minimizes the risk of complications and readmissions. Ultimately, family support emerges as a major determinant of patient satisfaction, influencing attitudes toward the hospital experience and the quality of care received. To ensure that every patient receives care tailored to their unique needs, healthcare providers must remain sensitive to cultural differences and the vital role of family involvement in the recovery process, thereby enhancing overall patient satisfaction and long-term well-being.

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