

# Post-Surgical Effects in Women on The Internal Reproductive Organ

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*Abstract* — This study determined the extent of post-surgical effects of surgery on internal reproductive organ among women during the year 2010 to 2012. Descriptive research design was utilized and questionnaire as the data gathering tool, The study sought to determine the following: 1) Profile of the respondents in terms of age, civil status, religious affiliation, monthly family income, highest educational attainment, length of stay in the hospital and support system during the surgery; 2) Extent of post-surgical effects of surgery on internal reproductive organ among women along physiological, psychological, social and economic aspects; 3) Significant relationship in the extent of post-surgical effects of surgery on internal reproductive organ among women across their profile variables; and 5) Proposed post-operative health teachings to alleviate the problems encountered by the respondents.

There were 50 post-operative women respondents. Analyses of the collected data were done through the use of various statistical tools namely frequency counts, percentages, weighted means, and chi-square. The following are the findings based on the specific problems posed in this research study. The respondents are mostly aged 34-41, married, Christians. and with a monthly family income of Php21,000 to 30,000. Consequently, majority of them have finished tertiary education. Meanwhile, on their stay in the hospital lasted for 4 to 6 days and their friends served as their support system during the surgery.

Based from the aforementioned findings, the following conclusions were drawn: The post-operative women are dominated by middle adults, Christian, having their own family, with an average family income, college graduates, confined less than a week in the hospital after surgery and has significant others as their support system during the surgery. Women who had undergone the surgery are greatly affected with the effects of surgery since it causes them anxiety due to disturbed body image. Women in their advancing age have higher possibility to have reproductive problems especially when they do not submit for a regular check-up. The proposed health teachings are intended to alleviate problems encountered by patients and will enlighten them on such occurrence of reproductive problems.

In view of the above conclusions, the following recommendations are offered. Women particularly of reproductive age must submit for check-up for early detection of a disease and to monitor their well-being. Women should undergo awareness seminar for them to cope up with the effects of surgery of the reproductive organs. They must allot a medical budget so as to be ready in case an unexpected disease condition thereby minimizing the effects of surgery.

The proposed health teachings should be considered to alleviate the problems encountered by the post-operative women. Future studies should be conducted to explore other variables in a wider perspective.

***Keywords* — Post-operative Effects of Surgery, Internal Reproductive Organ**

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## I. Introduction

Surgery is thought to be useful in terms of saving a person's life, thus someone who needs to undergo such a process must have it. However, someone who has recently had surgery must cope-up with the therapeutic method to entirely reach comprehensive healing (Gregory, 2011). However, not everyone who successfully completes a surgical procedure would be able to handle the situation, especially if the technique that saved your life also resulted in loss. The majority of women naturally become parents as they mature sexually. For some, having children or being able to have children hardens sexual roles; for others, it offers marriage new meaning.

According to the National Center for Health Statistics, of the 617,000 hysterectomies and other internal reproductive organ surgeries among women performed in 2009, 73% also involved the surgical removal of the ovaries. In the United States, 1/3 of women can be expected to have a hysterectomy by age 60.

Worldwide, nurses are regarded as the most effective middlemen in the provision of healthcare to the general populace. The majority of workers in hospitals and communities are nurses, despite the fact that they are not found in large business operations (Tan, 2008). The nursing profession includes providing independent and team-based care to people of all ages, families, groups, and communities. Whether you're ill or not, everywhere. It involves the support of good health, the avertance of disease, and the care of the sick, the disabled, and the dying. It is also described as a distinctive area of medicine where nurses offer a service based on their expertise and knowledge (Taylor, et al., 2008).

Women are special gifts. Some of the most fulfilling nursing roles include assisting pregnant women and their families, serving as a resource as they raise their children, and supporting them when they are ill. Nurses play a significant part in women's health care from the teen years to post-menopausal life in addition to caring for young families as they rear and raise children (Mckinney, 2006). The researcher was inspired to conduct this study because she is a nurse by profession. She worked as a nurse and had her internal reproductive organ operated on. This study on the post-operative consequences of surgery on internal reproductive organ in women was conceived in an effort to discover answers to the majority of her inquiries.

## II. Methodology

### Research Methods

This study made use of the descriptive research design which according to Adanza and Martinez (2002), this method seeks to provide information about one or more variables and to explore the causes or interaction of variables in the particular phenomena. Likewise, it was also used to answer the question "what exists with such characteristics. The purpose then of descriptive study is to describe with emphasis what actually exists such as current conditions, practices and

situations or any phenomena (Calderon and Gonzales, 1993). Furthermore, it is used to observe, describe and document aspects of a situation as it naturally occurs (Polit and Beck, 2004).

Since the research study dealt with the post-operative effects of surgery on internal reproductive organ among women, this method of research is appropriate on data gathering and information.

### Research Subjects

The respondents of the study were fifty (50) female clients who have underwent surgery on their internal reproductive organs with in the year 2010 to 2012 in selected hospitals of Pangasinan which include St. Thomas Aquinas in Binalonan, Pangasinan, Nazareth General Hospital and Dagupan Doctors Villaflor Memorial Hospital in Dagupan City.

Purposive sampling was employed in the study. The respondents were those who sought confinement and check-up in the hospitals mentioned. The researcher personally administered the questionnaires to the respondents and after which the questionnaires were retrieved.

### Data Gathering Instrument

The data gathering instrument utilized in the study was a questionnaire checklist based on the researchers literature readings. The questionnaire was composed of two parts. The first part of the questionnaire consisted of the profile of the respondents in terms of age, religious affiliation, civil status, monthly family income, highest educational attainment, length of time of stay in the hospital after operation and support system; The second part of the questionnaire consisted of questions that seeks to find answer to the extent of post-operative effects of surgery on the internal reproductive organ among women with respect to the physiological, psychological, social and economic aspects.

Graduate Thesis and Dissertations as well as various resources were used as basis in order to arrive at the final draft of the questionnaire. Intensive readings from published to unpublished literatures were also undertaken by the researcher to specifically formulate the questionnaire based on the identified problems of the study. To validate the content of the questionnaire checklist, it was subjected for validation and approval of those who were experts in constructing and validating survey materials. After which, suggestion and important opinions for the improvement of the questionnaire were noted and improvement were then effected.

### Data Gathering Procedure

Prior to the gathering of data, the researcher asked permission from the University President and College Dean. A letter of request approved by the Dean of the Graduate School and was forwarded to the Chief of Hospitals through the Chief Nurses. The researcher personally delivered the letters which were subsequently approved, thus the data needed were obtained.

Likewise, the researcher made request from the Medical Records of the hospital for the other list, contact number and address of other clients who have had internal reproductive organ surgery during the years 2010 to 2012. With their consent, the survey questionnaires were floated to the respondents and upon completion, the duly-accomplished questionnaires was then retrieved immediately and subjected to statistical treatment.

### III. Results and Discussion

#### Profile of the Respondents

The profile variable in this study includes the respondent's age, religious affiliation, civil status, monthly family income, highest educational attainment, length of stay in the hospital after the surgery, and support system during the surgery. Such variables were believed to have strong effect in connection with the surgery of the respondents so as affecting them post-operatively.

Table 1 showed the distribution of the respondents' profile. These are with the corresponding frequency count (f) and percentage equivalent (%) of each variable bracket.

**Age.** It can be gleaned from Table 1 that majority of the respondents are aged 34-41 with the frequency of 22 out of 50 or 44%. This indicates that most of them belong to the middle adult stage where productivity is at peak. Minority belong to age brackets of 26-33 with 14 as the frequency or 28% and age bracket of 42 to 49 with 9 or 18%. Least minority were age brackets of 50 and above with 5 as the frequency or 10% and 18-25 with 2 to 4%.

**Religious affiliation.** On the post-operative women's religious affiliation, many of them are Christian which was demonstrated clearly by the frequency of 47 or 94% while only few with 3 or 6% were Muslims. This means that the post-operative women were dominated by Christian religion and that it is associated with beliefs, customs and tradition that affect health.

**Civil Status.** Majority of the respondents were married as shown in the table, having 38 as frequency or 78%; there were 7 or 14% single and 4% who were separated and who were widow/widower. This revealed that most of the respondents are under the sacred marital matrimony and that it is expected that they have moral support coming from their husbands.

**Monthly family income.** Most of the respondents (22 Or 44%) belong to the monthly family income bracket of Php21, 000-30,000. Thus, most of the respondents are considered to be at the middle class income groups. In connection, a family in the Philippines must earn at least Php2,393,126 a year or Php199,927 a month to be counted as part of the high-income class based

on National Statistical Coordination Board (NSCB) computations using the Family Income and Expenditure Surveys (FIES) and the Labor Force Survey (LFS). The family should be earning Php200,000 a month or Php2.4 million a year to be considered "rich" in the Philippines.

**Table 1**  
**Distribution of Respondent's Profile**  
**n=50**

<b>Profile Variables</b>	<b>Frequency</b>	<b>Percentage (%)</b>
<b>Age</b>		
18-25	2	4
26-33	14	28
34-41	22	44
42-49	9	18
50 and above	5	10
	<b>50</b>	<b>100</b>
<b>Religious Affiliation</b>		
Christian	47	94
Muslim	3	6
	<b>50</b>	<b>100</b>
<b>Civil Status</b>		
Married	39	78
Single	7	14
Separated	2	2
Widow/Widower	2	2
	<b>50</b>	<b>100</b>
<b>Monthly Income</b>		
Php10,000 and below	9	18
Php11,000-20,000	14	28
Php21,000-30,000	22	44
Php31,000-40,000	5	10
Php41,000-above	2	4
	<b>50</b>	<b>100</b>
<b>Highest Educational Attain.</b>		
Primary Education	0	0
Secondary Education	12	24
Tertiary Education	30	60
Post-Graduate Education	8	18
	<b>50</b>	<b>100</b>
<b>Length of Stay in Hosp. after Surgery</b>		
Less than 3 days	3	0
4 to 9 days	19	24
7-14 days	6	60
Beyond 2 weeks	2	16
	<b>50</b>	<b>100</b>
<b>Support System During Surgery</b>		
Family	47	94
Relatives	45	90
Friends	48	96
<b>*With Multiple Answers</b>		

**Overall Extent of Post-Surgical Effects on Internal Reproductive Organ Among Women**

<b>INDICATORS</b>	<b>WM</b>	<b>DE</b>	<b>I</b>
Physiologic	3.26	ME	HE
Psychologic	4.34	E	E
Social	4.08	E	E
Economic	4.55	VE	HE
<b>Overall Weighted Mean</b>	<b>4.06</b>	<b>E</b>	<b>E</b>

With these, it can be said that the respondents were extensively affected by their economic aspect, followed by psychological, social and physiologic aspect.

**Relationship on the Extent of Post-Surgical Effects on Internal Reproductive Organ Among Women across selected Profile Variables**

This portion shows the relationship of the responses between the extent of post-operative effects of surgery on internal reproductive organ among women in terms of the aforementioned aspects across their profile variables. Table 7, 8, 9, and 10 shows the findings.

**Relationship on the Extent of Post- Surgical Effects on Internal Reproductive Organ Among Women in Terms of Physiologic Aspect across Profile Variables**

Table shows the computed relationship between the respondents' physiologic aspect across their profile variables.

In terms of physiologic aspect, the computed chi square value on the extent of post-operative effects of surgery on internal reproductive organ among women across the profile variables showed values not greater than the tabulated value at 0.05 level of significance along the variables religious affiliation, highest educational attainment, length of stay in the hospital after surgery, and support system during surgery. It then indicates that there is no significant relationship between those variables and the profile.

On the other hand, the chi-square values of age and monthly family income was seen with a significant relationship. This means that the research hypothesis of the study is partly accepted as not all variables were with significant relationship with physiologic aspect.

## **Proposed Post-Surgical Health Teachings to Alleviate Problems Encountered by Women Who Had Undergone Internal Reproductive Organ Surgery**

### **Rationale**

Because sexuality is an important aspect and infertility maybe disappointing to majority of married women especially those who underwent surgical removal of internal reproductive effects of the surgery is of utmost importance.

In connection, to successfully hurdle the experience, one should be prepared enough. Preparation is the first essential step in coping with the post-operative stage. It really needs a long and crucial preparation in order to arrive at great coping results.

With these, the researcher formulated a proposed post-operative health teaching for post-operative women who underwent surgery on internal reproductive organ to alleviate the problems that they encounter as a result of the surgery.

This proposal is based from the results of this research study, aside from that, it is made through a nurse perspective as the researcher is a nurse by profession. Other than that, being a post-operative patient, the researcher also incorporated proposals based on a patient point of view as part of her post-operative experience.

### **General Objective**

This proposed post-surgical health teaching for post-operative women who underwent surgery on internal reproductive organ aims to help them in order to alleviate the problems that they encounter post-operatively.

The proposed health teaching for the post-surgical patients was presented in Table 2. It presents the proposed teaching based from the results of the study.



**TABLE 2**  
**Proposed Post-Surgical Health Teachings to Alleviate Problems Encountered by Women with Internal Reproductive Surgery**

**General Objective:** To further improve the well-being and quality of life among women who had undergone reproductive surgery.

Area	Activity	Strategies	Person's Involve	Budget Allocation	Expected Outcome
Physiologic Aspect	To learn techniques on how to accept new self-concept after the surgery.	To conduct seminar for women to be clarified on their perceptions about their life after the surgery.	Patient Family members Nurses	Php 5000	Women will be enlightened about post-surgery stress and anxiety and learn to accept their condition
	To continue with the prescribed post-operative medications	Proper instructions on the administration of medications	Nurses Patient Family members	Php 10, 000	Decrease feelings of side effects and win patient cooperation in taking the drugs
	To emphasize the importance of nutrition for physical well-being.	Instruction on the foods that contains nutrients beneficial to the body	Nurses Patient Family members	Php 10, 000	More healthy body and less prone to infections
	Early detection of the disease	Undergo regular check-up	Health care Community people	Php 15, 000	Prevention on the occurrence of disease
Physiological Aspect	Diversion of activities.	Attendance to social gatherings, meditations; (yoga)	Patient Family Members	Php 15, 000	Acceptance of her present condition.
	Interaction with the patient	Let patient express her feelings, emotions, anxieties and fear	Patient Family members Relatives	-	Decrease fear and anxiety
	Showing to the patient nothing has changed in their relationship with her.	Prayers and meditation with family members all together	Patient Family members	-	Feeling of importance and belongingness
Social Aspect	To socialize with the members of the community	Attend to gatherings in the community	Patient Family members	Php 5000	Maintained social status.



	To become member in community organizations	Actively involve herself in community activities	Community people Patient	-	Improved social relationships
Economic Aspect	Medical consultation to family physician or public hospitals	Medical Counselling by health care providers	Patient Family members Physician	Php 10, 000	Les expenses on the part of the client.
	To follow strictly doctors prescriptions	Buying of prescribed drugs only	Physician Patient Family members	Php 20, 000	Affordability on the budget
	To give client adequate food	Buying foods that are affordable yo the budget but nutritious	Family members Patient	Php 20, 000	Prevent vitamin defeciencies
	Referral to other health facility	Submission for Pap's smear and other diagnostic examination	Health care provider Women	Php 20, 000	Well informed women

#### IV. Conclusion

Based from the aforementioned findings, the following conclusions were drawn:

1. The post-operative women are dominated by middle adults, Christian, having their own family with an average income, finished tertiary education, stayed 4 to 6 days in the hospital and has their friends as their support system during the surgery.
2. Women who had undergone the surgery are greatly affected with the effects of surgery since it causes them anxiety due to disturbed body image.
3. Women in their advancing age have higher possibilities to have reproductive problems especially when they do not submit for a regular check- up.
4. The proposed post-operative health teachings are intended to alleviate problems encountered by patients and will enlighten them on such occurrence of reproductive problems.

#### V. Recommendations

In view of the above conclusions, below are the recommendations offered.

1. Women of reproductive age must submit for a regular check-up for early detection of a disease and to monitor their well-being.
2. Women must undergo an awareness seminar to help them cope up with the effects of surgery of the reproductive organs

3. There must be an allotted medical budget to be ready with the unexpected disease condition thereby minimizing the effects of surgery.
4. The proposed health teachings should be considered to alleviate the problems encountered by the post-operative women.
5. Future studies should be conducted to explore other variables in a wider perspective.

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