

## **Barriers and facilitators of preoperative patient education among nurses in surgical wards/units at Teaching Hospital, Jaffna**

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**Introduction and Objectives:** Preoperative patient education can typically provide relevant surgical knowledge and problems that patients are likely to encounter in the preoperative and postoperative phases. Nurses play a main role in providing preoperative patient education. So barriers may affect in different ways for the nurses while providing preoperative patient education, and facilitators may course for successful preoperative patient education. This study aimed to assess the barriers and facilitators in preoperative patient education among nurses in surgical wards/units at Teaching Hospital Jaffna.

**Methods:** A hospital-based descriptive cross-sectional study was conducted among 157 nurses working in surgical wards and units at teaching hospital Jaffna. No sampling technique was used since all the study populations were selected as samples. The data was collected by pretested self-administered questionnaire. Gathered data was analyzed by using SPSS based on research problems, objectives, variables.

**Results:** Among the 157 samples, 133 only responded to the questionnaire (84.71%). The average age of the nurses recorded was 32.78 years (SD = 7.503). The majority of nurses were female (79.75%, n=106), and most of them (82.9%, n=109) completed Diploma in Nursing. Half of them (50.4%, n= 67) had service experience of more than 5 years. The majority of the nurses (73.7%, n=98) had training in perioperative nursing. The more frequent barriers were the excessive workload of nurses in wards ( $\bar{x}=3.9098\pm 0.89153$ ). Insufficient/shortage of nursing staff ( $\bar{x}=3.5940\pm 0.92963$ ) and inadequate time for proper delivery ( $\bar{x}=3.5639\pm 0.94029$ ). The more frequent facilitators were establishing a good relationship between patient and nurses ( $\bar{x}=4.2707\pm 0.68676$ ), developing good communication skills by training ( $\bar{x}=4.03\pm 0.56327$ ) and regular assessment to identify the learning needs of the patient ( $\bar{x}=3.9624\pm 0.66749$ ).

**Conclusion:** The study found that the excessive workload of nurses is the main barrier and establishing a good relationship between nurses and patients was the main facilitator. Increasing the number of staff in the wards will improve the chance of pre-operative patient education.

**Keywords:** Barriers, Facilitators, Preoperative patient education, Nurses