

LESS POST-OPERATIVE PAIN IN COVID-19 SHUTDOWN

Recovery lies in calmness: COVID-19 Restrictions Result in Less Post-Operative Pain

Background and aims:

COVID-19 pandemic affected provision of care:

- Overloading of the healthcare system
- Postponement of elective surgeries
- No or less visitors

Research question:

Did patients rate their post-operative pain equally, higher, or lower while strict restrictions were imposed in German hospitals.

Methods:

- Data source: German QUIPS project (Quality Improvement of Post-Operative Pain Treatment)
- Outcome assessed: worst pain intensity (NRS-scale)
- Selected non-elective surgeries: appendectomy, lap. cholecystectomy
- Compared Periods: Jan.-Mar. 2021 (restriction period) and Jan.-Mar. 2019 (control period).
- Sample size: 226 patients in restriction period, 479 patients in control period
- Statistics: means, t-tests for comparing periods

Results:

During the restriction period, patients reported significantly lower worst pain intensities:

- mean worst pain intensity in appendectomy patients was 4.6 during restrictions compared to 5.5 in 2019 ($p=0.039$);
- cholecystectomy patients, reported mean worst pain of 4.7 during restrictions and 5.1 in 2019 ($p=0.049$).

Conclusions:

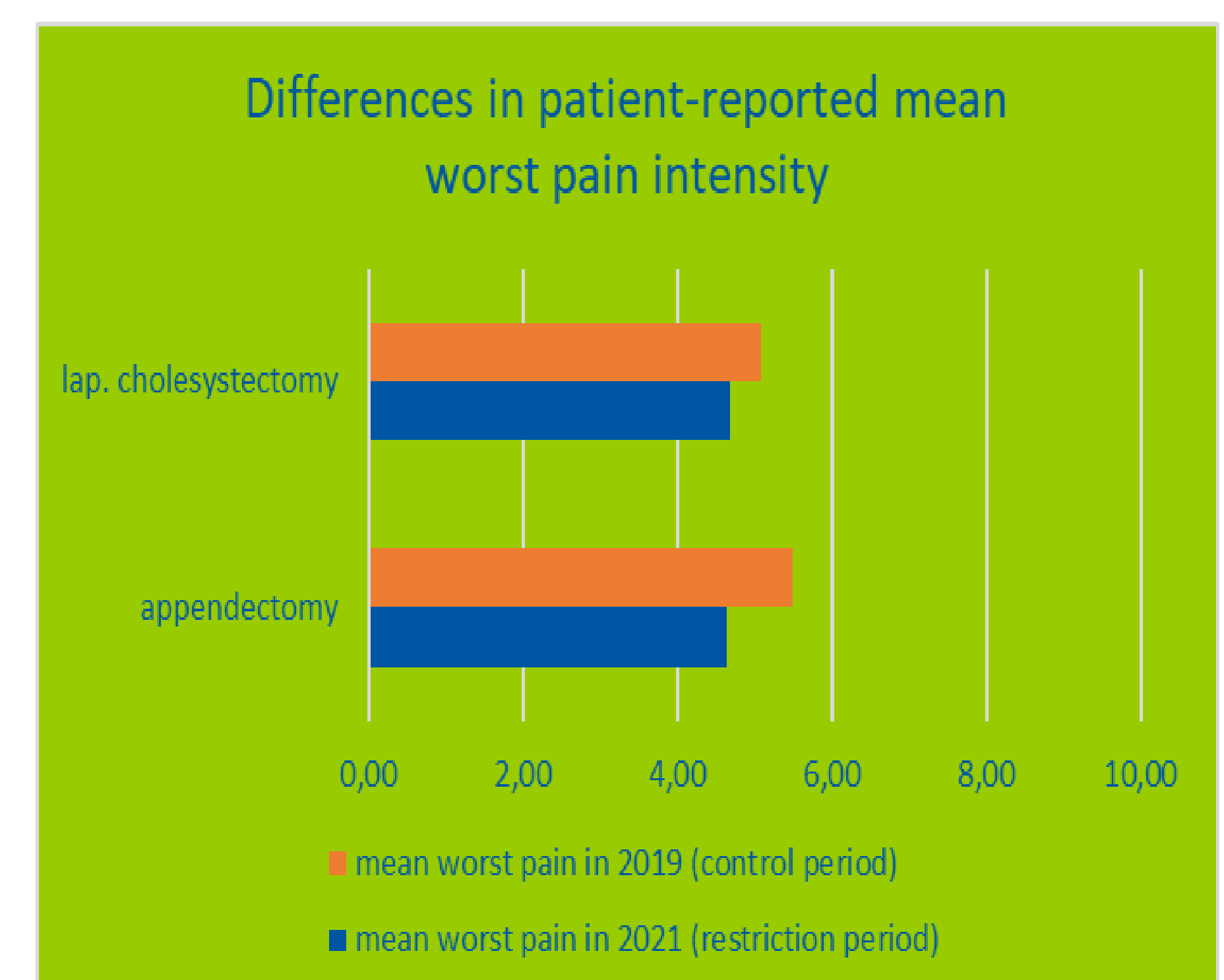
Patients perceived the quality of post-op pain management as better during Covid-19-related hospital restrictions. They might have benefitted from quiet and privacy after surgery, and they might have been grateful for medical care in face of a burdened health system.



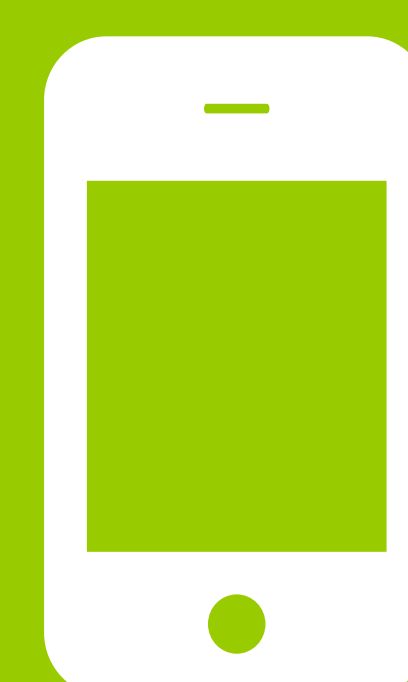
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