

Assessment of Quality of Pain Management in Orthopedic Patients Post Operatively and Its Impact on Sleep Quality and Patients

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Abstract

Introduction: This study aims to study the levels of pain management, sleep quality, and patients' satisfaction about pain treatment among orthopedic surgeries, which will help decision-makers to establish their policies in this area.

Methods: The study utilized a cross sectional design using two questionnaires to study the sleep quality and patient satisfaction relationship with post orthopedic surgery pain, including 125 patients from two governmental hospitals in Amman.

Results: The study found that overall patient satisfaction with postoperative pain management was moderate, with a mean pain treatment satisfaction subscale score of 3.23 (SD=0.82). While patients generally rated aspects related to pain relief positively, there was room for improvement in doctor-patient interactions. Demographic factors were found to significantly influence satisfaction levels, with income and number of dependents being negatively correlated, while older age, higher BMI, and longer hospital stays were associated with poorer sleep quality as measured by the Pittsburgh Sleep Quality Index (PSQI). Specifically, the study revealed a strong positive correlation

between BMI and global PSQI scores ($r=0.72$, $p=0.03$), and a negative correlation between time since surgery and PSQI scores ($r=-0.61$, $p=0.01$). Demographic characteristics like income and number of dependents influenced treatment satisfaction.

Conclusion: The results show the importance of personalized care, timely medication monitoring, and enhancing doctor-patient interactions to optimize patient satisfaction and postoperative outcomes in orthopedic surgery.

Keywords: Orthopedic Patients, Pain Management, Sleep Quality, Patient's Satisfaction.