THE EFFECT OF WATCHING FUNNY AND UNFUNNY VIDEOS ON POST-SURGICAL PAIN LEVELS

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Background: Surgical intervention is one of the most important causes of pain. Decisions about pain relief, implementation of and assessment of the decision about non-pharmacological interventions as well as analgesic implementation to reduce or stop the postsurgical pain are important.

Main Objective: This study was carried out to research comparatively the effect of watching funny and unfunny videos on post-surgical pain.

Methods: The study was conducted experimentally with control groups. Ninety patients were included in this study. The patients were divided into three groups. Group A watched funny videos; Group B watched documentaries. The control group (Group C) did not watch any videos. Pain assessment of the patients was carried out using the visual analogue scale before (first), immediately after (second), and 30 minutes after (third) watching videos.

Preliminary Results: The first pain score mean in Group A was 40.83±22.62, in Group B was 37.46±24.31, in Group C was 48.86±24.06. The second pain score mean in Group A was 32.93±20.28, in Group B was 29.76±20.26, in Group C was 48.96±24.11. The third pain score mean in Group A was 37.43±23.07, in Group B was 36.80±22.67, in Group C was 52.30±23.97. While the difference between first and second pain levels and second and third pain levels of patients in Groups A and B was found to be statistically significant (p<0.05), there was no difference between Group C's first and second pain levels (p>0.05).

Conclusions or Comments: Watching funny or unfunny videos reduces the post-surgical pain level.