Poor Quality of Recovery in postpartum period

Beatriz Carvalho ¹, Ramiro Marinho ¹, Alice Santos ¹, Fernando Abelha ^{1,2}

¹ Serviço de Anestesiologia, Centro Hospitalar de São João, EPE; ² Faculdade de Medicina da Universidade do porto

COPENHAGEN 02-04 JUNE

Euroanaesthesia
THE EUROPEAN ANAESTHESIOLOGY CONGRESS

Introduction

Quality of recovery is an important measure with impact in satisfaction and quality of life. The study aims to evaluate the incidence of poor quality of recovery (PQR) during the first 24 hours and the impact on overall satisfaction with the delivery

Material and methods

- After approval of Ethics Committee, a prospective observational study was conducted during one month in labor women submitted to epidural analgesia (EA).
- Sociodemographic, obstetric, anesthetic and puerperal data were collected.
- Inclusion criteria:** : adult pregnant women
- Exclusion criteria:** abortion work and stillbirths; admission to an intermediate / intensive unit in the postpartum period.
- The verbal **numerical pain scale** (VNSP) was used and **two questionnaires** were performed: one of **satisfaction** with the delivery experience and the **QoR-15 quality of recovery** questionnaire, 24h after surgery.
- PQR was defined as a QoR-15 score lower than the mean QoR-15 score at T1 minus 1 standard deviation.

Results

Graphic 1. PQR

Table 1. Sociodemographic and perioperative characteristics

	Without PQR (n=114)	PQR (n=17)	p value
Age(anos), <i>median</i>	32 (29-36)	31 (27-34)	0,224
Initial weighth (Kg), <i>median</i>	64 (59-76)	60 (54-70)	0,108
Height (cm), <i>median</i>	161 (157-165)	160 (157-165)	0,811
High school, n (%)	91 (80)	13 (70,5)	0,345
Initial BMI (Kg/m2), <i>median</i>	25,2 (22,1-27-3)	23,3 (20,7-27)	0,126
Obesity initial, n° (%)	22 (19)	3 (18)	0,372
Obesity final, n° (%)	14 (56)	31 (35,2)	0,069
ASA physical status III, n (%)	9 (8)	4 (23)	0,18
Primiparous, n (%)	43 (38)	12 (70,4)	0,545
Gestacional age, n (%)			0,394
<37 weeks	32 (28)	3 (18)	
37 a 40 weeks	64 (56)	10 (59)	
> 40 weeks	18 (16)	4 (24)	
Labor, n (%)			0,215
Spontaneous	65 (57)	15 (88)	
induced	49 (43)	2 (11)	
Epidural analgesia			
Day shift (08-20h), n (%)	60 (52)	11 (63)	0,311
Previous analgesia, n(%)	64 (56)	5 (29)	0,064
Previous dilatation (cm), <i>median</i>	4 (2-4)	3 (3-4)	0,366
Previous pain (VPNS), <i>median</i>	6 (7-10)	8 (7-10)	0,756
Pain in labour*, n (%)	10 (41,7)	51 (58)	0,154
Time until delievery (minuts), <i>median</i>	510 (325-740)	413 (253-706)	0,17
Type of delievery, n (%)			0,048
Eutocic birth	78 (68)	10 (47)	
Distocic birth	21 (18)	3 (18)	
Cesarian delievery	15 (14)	4 (35)	
Episiotomy/Laceration grade 1, n (%)	49 (43)	10 (59)	0,811
Laceration ≥ grade 2, n (%)	23 (20)	2 (12)	0,689
Postpartum(first 24hours)			
VNSP ≥ 4			
0-8h, n (%)	17 (68)	10 (59)	0,004
8-16h, n (%)	22 (19)	12 (71)	<0,001
16-24h, n (%)	13 (11)	4 (24)	<0,001
VPNS (n), <i>median</i>	3 (2-5)	5 (1-5)	0,007
PONV, n (%)	16 (14)	6 (35)	0,03
Pruritus, n (%)	24 (21)	9 (50)	0,01
Hospital stay (days), <i>median</i>	3 (2,5-4)	4 (2-4)	0,001

Results

Table 2. Quality of recovery in postpartum (QOR-15)

QUESTION	Without PQR (n=114)	With PQR (n=17)	p value
1. Able to breathe easily	10 (10-10)	10 (10-10)	0,01
2. Able to enjoy the food	10 (7-10)	7 (5-10)	0,02
3. Feeling rested	7 (5-10)	5 (5-7)	0,01
4. Have had a good sleep	5 (2-8)	3 (0-6)	0,001
5. Able to handle personal hygiene without help	10 (10-10)	10 (6-10)	<0,001
6. Able to communicate with family and friends	10 (10-10)	10 (9-10)	<0,001
7. Have support from doctors and nurses	10 (10-10)	10 (8-10)	0,01
8. Able to return to work and domestic activities	7 (5-10)	4 (1-8)	<0,001
9. Feeling comfortable and in control of situations	8 (7-10)	6 (5-8)	<0,001
10. Feeling a general well-being	9 (7-10)	7 (5-10)	<0,001
11. Moderate pain	2 (0-6)	8 (5-10)	<0,001
12. Severe pain	5 (1-8)	10 (10-10)	<0,001
13. Nausea and vomiting	10 (10-10)	10 (8-10)	<0,001
14. Feeling worried or anxious	5 (0-8)	9 (6-10)	<0,001
15. Feeling sad or depressed	10 (10-10)	10 (9-10)	<0,001
Total	121 (72-136)	86 (87-117)	<0,001

Table 3. Maternal general satisfaction questionnaire

	Without PQR (n=114)	With PQR (n=17)	p value
PART I - Pregnancy			
I believe I have been provided with adequate information about labor	108 (95)	17 (100)	0,571
I believe that I have been provided with adequate information on the analgesia available for labor	101 (89)	16 (96)	0,447
It was important to be an Anesthesiologist to provide clarification on epidural analgesia	105 (91,5)	16 (92)	0,699
I felt supported by the team of health professionals who accompanied the pregnancy	114 (100)	16 (96)	0,234
I felt supported by the family	114 (100)	17 (100)	1
Overall, I was involved in decision making	112 (98)	12 (88)	0,082
I feel very anxious about giving birth	84 (74)	12 (88)	0,182
I'm afraid of pain at childbirth	88 (77)	13 (76)	0,932
PART II - childbirth			
I was always enlightened and supported by the team of health professionals	112 (98)	15 (88)	0,079
I felt empathy with health professionals	111 (97)	15 (88)	0,082
Overall, I felt I had control over what was going on	92 (81)	13 (76)	0,627
Overall, I was involved in decision making	108 (95)	14 (84)	0,084
I waited a long time since I requested the epidural until the technique was performed	18 (16)	3 (20)	0,628
After the epidural, I was satisfied with the rapidity of pain relief	105 (92)	15 (92)	1
Pain after epidural bothered me a lot	11 (10)	4 (24)	0,04
In childbirth, the pain prevented the birth of my son was as expected	17 (15)	2 (16)	1
The fact that I was lying in bed displeased me very much.	25 (22)	4 (24)	0,83
The positioning for childbirth was what she wanted	93 (82)	14 (80)	0,848
I feel satisfied with postpartum analgesia	102 (90)	14 (84)	0,469
In a future birth, I wish to have the same labor analgesia	41 (36)	1 (5)	0,03
Overall, I enjoyed the experience I had with the birth of my baby	11 (42)	7 (10)	0,004

Conclusion

PQR in obstetrics is not rare condition. Women with PQR had more pain, longer hospital stay and were less satisfied with the delivery experience

Referências bibliográficas

Referências: 1.Royse, Collin F. et al, Development and Feasibility of a Scal et o Assess Postoperative Recovery. ThePost-operative Quality Recovery Scale. Anesthesiology(2010) 113,892–905; 2.