

Stressors and Positive Coping Strategies among Patients with New Limb Amputation

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Abstract

Background. Amputation is a profound loss that affects both the individual and family on all levels. Amputation poses challenges on many levels: physical, emotional, social, and financial. How people cope with their amputation depends upon their unique make-up, previous life experiences, support systems, and the meaning they give to their amputation. Aim of this study was two folds: firstly, identify the stressors and coping strategies among patients with new limb amputation, secondly, examines the relationship between stressors and coping strategies among patients with new limb amputation. Design a descriptive correlation research design was selected to fulfill the aim of the study and answer the research questions. Setting was the general surgery, orthopedic and/or vascular disorder departments at El Manial University Hospital. Sample a total of convenience of fifty limb amputated patients were recruited in this study. Tools, data were collected utilizing the following tools: 1) Structured Interviewing Questionnaire, 2) Amputation Related Stressors Questionnaire, and 3) Ways of Coping Questionnaire. Results of the study findings revealed that the new limb amputated patients facing different stressors related to, firstly social life, followed by nature of illness, work situation, body image changes, while hospital stay perceived as the least source of stress. The most common way of positive coping strategies that amputated patients used was minimize the situation followed by active coping strategy. There were statistically significant differences among the study subjects in relation to different coping strategy postoperatively. Recommendations: Comprehensive nursing management protocol dealing with amputation related stressors should be available to help such patients for adjustment.

Keywords: amputation, amputation related stressors, coping strategies

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