

POST

In Adult Surgical Patients, does Nebulized Magnesium Decrease the Incidence of Postoperative
Sore throat

A Doctoral Scholarly Project

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University
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Abstract

Purpose: Postoperative throat pain complicates anesthesia care for surgical patients. This project gathers and analyzes available data for the use of nebulized magnesium to mitigate the risk of postoperative throat pain. For this project, postoperative throat pain is considered interchangeable with postoperative sore throat. The available data is analyzed with Kolcaba's Theory of Comfort which provides a pertinent framework to discuss surgical patient experience in the context of postoperative sore throat. Results from this project intend to increase acceptance usage of nebulized magnesium for the reduction of post-operative pain. The longterm, ultimate goal of this project is to decrease the use of opiate-based pain management interventions in anesthesia care and complications associated with those medications.

Methodology: The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) framework was used to select relevant research across a range of databases.

Ultimately, the four most relevant research studies were selected and then subjected to a critical review process in which the strength of the studies' conclusions was assessed.

Results: The four studies demonstrate statistically significant decreased postoperative throat pain in patients within the nebulized magnesium cohorts.

Implications for Practice and Research: From a practical standpoint, these findings demonstrate that nebulized magnesium decreases the incidence of postoperative throat pain with little risk of side effects or adverse events. From a research standpoint, these findings across multiple studies confirm the benefits of nebulized magnesium and provide evidence for further research such as optimal protocols.

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Vita**Accountability Statement**

I, Cody Graham, have worked with Serghei Evtodienco to complete this DNP Project Systematic Review for ANES 7800. My areas of responsibility for the completed work included the Problem Statement/Objectives section, Criteria for Studies in Review section, Theme 1, and every section other than those listed specifically under my partner's accountability statement. I have read and agree with the content of the entire assignment and the other member's accountability statement. Along with the other members of this group, I take accountability and responsibility for the product submitted.

I, Serghei Evtodienco, have worked with Cody Graham to complete this DNP Project Systematic Review for ANES 7800. My areas of responsibility for the completed work included the Introduction/Background section, Authors' Conclusions section, Theme 2, and every section other than those listed specifically under my partner's accountability statement. I have read and agree with the content of the entire assignment and the other member's accountability statement. Along with the other members of this group, I take accountability and responsibility for the product submitted.

DNP-NA Student Signature: _____ *CODY GRAHAM* _____

DNP-NA Student Signature: _____ Serghei Evtodienco