

What is the effect of preoperative education on postoperative pulmonary complications following upper abdominal surgery

ACTRN12622001182785

Status	RECRUITING
Sponsor	John Hunter Hospital
Enrollment	183 participants

Plain Language Summary

When someone has major surgery on the upper abdomen — such as for stomach or oesophageal cancer — there is a high risk of developing a lung complication afterward, such as pneumonia or breathing difficulties. These complications are not only dangerous but also very costly to treat. Research has shown that a simple 30-minute education session with a physiotherapist before surgery, covering how to breathe deeply, cough effectively, and move early after surgery, can cut the rate of these complications in half.

This study is testing whether this evidence-based education approach can be reliably delivered in the real-world setting of John Hunter Hospital in New South Wales, where many patients may now attend pre-surgery appointments via telehealth rather than in person. The primary goal is to establish whether the education can reach at least 90% of eligible patients.

You may be eligible if you are 18 or older and are scheduled for planned upper abdominal surgery at John Hunter Hospital, with at least one abdominal incision above the navel. There are no exclusion criteria — all eligible patients undergoing this type of surgery are invited to participate.

Key Eligibility Criteria

Inclusion (2)

- All patients 18 years and older, assessed and consented by the John Hunter Hospital Perioperative service for planned upper abdominal surgery,
- At least one abdominal incision above the umbilicus and below the diaphragm that is greater than 5cm in length.

Exclusion (1)

- Nil

Locations (1 total)

John Hunter Hospital - New Lambton, NSW, Australia