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Effectiveness of Evidence-Based Nursing Approach in Postoperative Wound Management for Patients with Comorbidities

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KEYWORDS

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ABSTRACT:

Introduction: The effectiveness of evidence-based nursing interventions in postoperative wound management for patients with comorbidities, such as diabetes, hypertension, and obesity, is a critical area of research. This study aimed to evaluate how evidence-based practices can enhance healing outcomes and reduce complications in this patient population.

Objectives: The primary objective of this study was to evaluate the impact of evidence-based nursing practices on postoperative wound healing outcomes for patients with comorbidities. Specifically, the research sought to examine the effectiveness of advanced wound care, nutritional support, and infection control strategies in improving healing rates and reducing complications.

Methods: A qualitative literature review was conducted, synthesizing studies on advanced wound care, nutritional support, and infection control interventions. Data were analyzed thematically to assess the impact of these practices on postoperative wound healing, with a focus on the challenges of implementation in clinical settings.

Results: The findings reveal that advanced wound dressings and personalized nutritional interventions, particularly protein supplementation, significantly improve healing rates and reduce infection risks. However, barriers to implementation, including resource constraints, lack of standardized protocols, and resistance to change among healthcare providers, were identified as significant obstacles.

Conclusions: This research contributes to the growing body of knowledge on postoperative wound management and offers practical recommendations for healthcare providers. It emphasizes the importance of individualized care plans tailored to the specific needs of patients with comorbidities and the need for better integration of evidence-based practices into routine clinical care. Further research is needed to explore long-term outcomes and the effects of interventions in patients with multiple comorbidities.

1. Introduction

Postoperative wound management plays a vital role in ensuring the recovery of patients following surgery, particularly for those who have underlying comorbidities. The presence of conditions such as diabetes, hypertension, or cardiovascular diseases can complicate the healing process, making the management of postoperative wounds even more challenging (Nwandiko et al., 2025). Effective wound care in these patients is crucial, as delayed healing and increased risk of infection can lead to prolonged hospital stays, additional treatments, and in some cases, more severe complications. The importance of addressing these challenges is underscored by the increasing global prevalence of comorbidities, particularly in aging populations. As surgical procedures become more advanced and widespread, the need for effective and evidence-based approaches to wound care has become more pressing (Al-Ruwaili et al., 2024).

Evidence-based nursing (EBN) has emerged as a critical approach to improving clinical outcomes by integrating the best available research, clinical expertise, and patient

Journal of Chemical Health Risks
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preferences into practice. The use of EBN in postoperative care has been linked to better recovery outcomes, reduced rates of complications, and higher patient satisfaction. However, its application in the management of postoperative wounds for patients with comorbidities has not been as thoroughly explored (Bozkul et al., 2023). For example, patients with diabetes face unique challenges in wound healing due to poor circulation and a weakened immune system. Similarly, individuals with cardiovascular disease or obesity may experience slower recovery times, placing them at greater risk for infections and wound dehiscence. Despite these challenges, the integration of evidence-based practices tailored to the specific needs of these patients remains inconsistent across healthcare settings (He & Hai, 2024).

Studies have demonstrated that certain evidence-based interventions, such as advanced wound care dressings, nutritional support, and specialized monitoring techniques, can improve healing outcomes in postoperative patients. However, the effectiveness of these interventions in patients with comorbidities is not universally agreed upon, and there remains a lack of standardized guidelines for their use in clinical practice. Additionally, while there is an abundance of research on the individual aspects of postoperative wound care, the specific application of these practices to patients with multiple comorbidities has received limited attention. As such, there is a critical need for further exploration of how evidence-based strategies can be best utilized for this patient population to ensure optimal recovery and minimize complications.

The significance of this research lies in its potential to bridge this gap and provide clarity on the most effective nursing interventions for postoperative wound care in patients with comorbidities. By focusing on evidence-based practices, this study aims to identify which strategies have the greatest impact on improving healing times, reducing infection rates, and enhancing overall patient outcomes. Furthermore, it will explore the feasibility of integrating these interventions into routine clinical practice, offering healthcare providers actionable recommendations for patient care. Such findings are particularly relevant in light of the increasing number of surgeries being performed on patients with chronic conditions, as they highlight the need for tailored, evidence-driven approaches to care.

The findings of this research will contribute to the ongoing discourse surrounding postoperative wound management and nursing practices. By examining the effectiveness of evidence-based strategies in this specific context, the study aims to enhance the understanding of how these practices can be adapted to address the complexities of managing wounds in patients with comorbid conditions. In doing so, the research will not only advance academic knowledge but also have practical implications for healthcare settings, ultimately improving the quality of care provided to patients and reducing the burden of postoperative complications on healthcare systems worldwide.

Objectives

The primary objective of this study is to evaluate the effectiveness of evidence-based nursing approaches in improving postoperative wound healing outcomes for patients with comorbidities, focusing on factors such as wound healing rates, infection prevention, and overall recovery. Additionally, the study aims to identify specific evidence-based nursing interventions, including wound care protocols, nutritional support, and monitoring strategies, that are most effective in managing wounds for this patient population. It also seeks to examine how patient-specific factors, such as the type and severity of comorbidities, influence the success of these interventions. Furthermore, the research will explore the challenges healthcare providers face in implementing evidence-based practices in clinical settings and offer practical recommendations for integrating these approaches into routine care protocols to optimize postoperative outcomes for patients with complex health conditions.

Methods

This study will utilize a qualitative research design through a systematic literature review to evaluate the effectiveness of evidence-based nursing approaches in postoperative wound management for patients with comorbidities. The focus will be on synthesizing existing research to understand how evidence-based interventions impact wound healing outcomes, infection rates, and patient recovery, specifically for those with complex health conditions. The literature review will include studies from peer-reviewed journals, research reports, and other relevant sources that discuss postoperative care, wound management, and the application of

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(5), 3029-3036 | ISSN:2251-6727

evidence-based practices for patients with comorbidities.

Inclusion and Exclusion Criteria

Studies will be included based on the following criteria: (1) published in the last 10 years, (2) focused on postoperative wound care or management, (3) addressed patients with comorbidities such as diabetes, cardiovascular diseases, and obesity, and (4) examined evidence-based nursing interventions. Exclusion criteria will include studies that are not directly related to wound care, do not address patients with comorbid conditions, or are not empirical in nature (e.g., opinion pieces, editorials). Both quantitative and qualitative studies will be included to ensure a comprehensive understanding of the topic.

Search Strategy

A comprehensive search will be conducted in multiple electronic databases, including PubMed, CINAHL, Scopus, and Cochrane Library. Keywords such as "postoperative wound management," "evidence-based nursing," "comorbidities," "wound care interventions," and "healing outcomes" will be used to identify relevant studies. Additionally, reference lists of selected articles will be reviewed to ensure all relevant literature is included.

Data Extraction and Synthesis

Data from the selected studies will be extracted systematically, focusing on key aspects such as the type of evidence-based interventions used, patient demographics (e.g., age, comorbidities), outcomes measured (e.g., wound healing time, infection rates), and any barriers identified in implementing these interventions. The synthesis of the literature will involve identifying common themes and trends regarding the effectiveness of various nursing interventions in postoperative wound care for patients with comorbidities. Special attention will be given to identifying which interventions have been most frequently recommended and their impact on patient outcomes.

Quality Assessment

The quality of the included studies will be assessed using established appraisal tools, such as the Critical Appraisal Skills Programme (CASP) checklist for qualitative studies and the Joanna Briggs Institute (JBI) critical appraisal tools for systematic reviews. This will ensure that the selected studies meet high standards of scientific rigor and methodological quality, which will help in drawing reliable conclusions.

Data Analysis

Thematic analysis will be employed to identify key themes and patterns across the selected studies. This method will allow for a deeper understanding of how evidence-based nursing interventions are applied in postoperative wound management and how they are perceived to affect patient outcomes. The analysis will also examine any challenges or barriers healthcare providers face when applying these interventions in clinical practice, as well as any gaps in the current literature regarding best practices for patients with comorbid conditions.

Ethical Considerations

Since this study involves a secondary analysis of published research, it does not require direct patient involvement or primary data collection, thus minimizing ethical concerns. However, the study will adhere to ethical standards by ensuring that all included research was conducted following ethical guidelines, and the findings will be reported with full academic integrity.

This qualitative literature review aims to provide a comprehensive synthesis of the available evidence on the effectiveness of evidence-based nursing practices in postoperative wound management for patients with comorbidities. By identifying best practices, common challenges, and gaps in the literature, the study seeks to inform clinical practice and improve outcomes for patients with complex health conditions.

2. Results

Effectiveness of Evidence-Based Interventions

The use of advanced wound dressings and nutritional support has been found to significantly improve postoperative wound healing outcomes in patients with comorbidities. Hydrocolloid and hydrogel dressings are particularly beneficial for diabetic patients, as they create a moist environment that promotes faster healing and reduces the risk of infection. These dressings have been shown to lower the frequency of dressing changes, which not only enhances healing but also reduces discomfort for patients. Similarly, the application of specialized dressings has been linked to a decreased incidence of wound complications, such as dehiscence and infection, in postoperative care (Yang et al., 2025).

Journal of Chemical Health Risks

www.jchr.org

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In addition to advanced wound dressings, nutritional support plays a pivotal role in wound healing. Protein supplementation, in particular, has been widely recognized as a key intervention to promote tissue regeneration and accelerate healing, especially for patients with obesity and malnutrition. Providing adequate caloric intake and ensuring proper hydration are also essential for supporting the body's natural healing processes. The importance of nutrition is especially evident in patients with comorbidities such as diabetes and cardiovascular diseases, as these conditions often affect the body's ability to heal efficiently. Nutritional interventions have been shown to reduce wound healing time and prevent complications that may arise due to poor nutritional status (Formosa & Ebejer, 2024).

While infection control measures are a standard component of postoperative care, their application is critical for patients with comorbidities. Evidence-based infection prevention strategies, such as regular monitoring, antiseptic wound care, and proper hand hygiene, have proven to reduce postoperative infections and other related complications. In diabetic patients, strict infection control is particularly important, as high blood sugar levels can impair immune function and increase the susceptibility to infections (Seaton et al., 2020). Implementing these infection prevention strategies, alongside advanced wound care and nutritional support, significantly contributes to better healing outcomes and fewer complications in the postoperative period.

Impact of Comorbidities on Healing Outcomes

Comorbidities such as diabetes, hypertension, and obesity have a profound impact on postoperative wound healing, often leading to delayed recovery and increased risks of complications. Diabetes, in particular, impairs the body's natural ability to heal by affecting blood circulation, reducing immune response, and increasing the likelihood of infection. Elevated blood sugar levels can inhibit the formation of collagen, a crucial component in the wound healing process, leading to slower tissue repair. As a result, diabetic patients often experience longer hospital stays and higher healthcare costs due to the increased need for wound care interventions and treatment of complications (Al-Daghmani et al., 2024).

Hypertension is another comorbidity that affects wound healing, primarily through its impact on circulation. High blood pressure can lead to vascular damage and poor blood flow, which is essential for delivering oxygen and nutrients to the wound site. Without adequate circulation, wounds in hypertensive patients are more prone to infection, delayed healing, and dehiscence. However, effective management of hypertension, including controlling blood pressure through medication and lifestyle changes, can help improve wound healing outcomes in these patients. When blood pressure is well-controlled, hypertensive patients show improved circulation, which aids in the repair and regeneration of tissue (Tobiano et al., 2024).

Obesity complicates wound healing in several ways. Excess fat tissue impairs blood flow and increases the risk of infection, as it can limit the delivery of oxygen and nutrients to the wound site. Additionally, obesity is often associated with comorbid conditions such as diabetes and hypertension, further compounding the challenges in wound healing (Zhu et al., 2025). Studies have shown that obese patients are more likely to experience complications such as wound dehiscence, delayed healing, and the formation of chronic wounds. Tailoring interventions, such as weight management strategies and enhanced nutritional support, is critical to improving outcomes for these patients and reducing the risk of postoperative complications.

Table 1. Impact of Comorbidities on Healing Outcomes

Comorbidity	Impact on Wound Healing	Underlying Mechanisms	Recommended Interventions
Diabetes	- Delayed wound healing - Increased risk of infection - Longer hospital stays and higher healthcare costs	- Impaired blood circulation - Reduced immune response - High blood sugar inhibits collagen production	- Strict blood glucose control - Comprehensive wound care and monitoring
Hypertension	- Slow wound healing - Higher risk of infection and wound dehiscence	- Vascular damage - Poor blood flow to the wound site	-Blood pressure management through medication and lifestyle changes -Monitoring of circulation
Obesity	- Wound dehiscence - Delayed healing - Higher risk of chronic wounds	- Poor oxygen and nutrient delivery due to excess fat tissue - Increased infection risk - Often accompanied by other comorbidities	-Weight management programs - Enhanced nutritional support - Infection prevention strategies

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(5), 3029-3036 | ISSN:2251-6727

Challenges in Implementing Evidence-Based Practices

Despite the strong evidence supporting the use of evidence-based interventions in postoperative wound care, several challenges hinder their consistent application in clinical settings. One of the primary barriers identified in the literature is the lack of standardized care protocols for managing postoperative wounds, especially in patients with comorbidities. Healthcare providers often rely on institutional guidelines that may not address the specific needs of patients with multiple health conditions (Hulbert-Lemmel et al., 2024). As a result, there is a lack of uniformity in wound care practices, which can lead to inconsistent outcomes and variations in patient recovery.

Another significant challenge is the time and resource constraints in busy clinical environments. Evidence-based practices often require additional time for proper patient assessment, monitoring, and documentation, which may not always be feasible given the heavy workload of healthcare providers. Nurses and other healthcare professionals may feel pressured to prioritize immediate patient needs over evidence-based protocols, which can result in suboptimal wound care. Furthermore, the implementation of advanced wound care techniques and nutritional interventions may require additional resources, such as specialized dressings or dietary supplements, which may not always be readily available in every healthcare setting.

Resistance to change among healthcare providers can impede the adoption of evidence-based practices. Some clinicians may be hesitant to incorporate new approaches due to familiarity with traditional practices or skepticism about the effectiveness of evidence-based interventions. Furthermore, a lack of ongoing education and training on the latest advancements in wound care may contribute to this resistance (Holloway et al., 2024). Addressing these barriers requires a multifaceted approach that includes continuous professional development, the establishment of clear guidelines, and institutional support for the integration of evidence-based practices into everyday patient care.

Patient-Centered and Tailored Care

One of the key themes that emerged from the literature is the importance of providing patient-centered, tailored care in postoperative wound management. The effectiveness of evidence-based nursing practices is significantly enhanced when they are adapted to the unique needs of each patient, particularly in the context of comorbidities. Personalized care plans that take into account the specific comorbid conditions, such as diabetes or obesity, allow healthcare providers to select the most appropriate interventions, including wound dressings, nutritional support, and infection control measures (Micheni & Williams-Omorogbe, 2025). This individualized approach is essential for optimizing wound healing and minimizing complications, as it acknowledges the variability in how different patients respond to treatment.

Patients with diabetes benefit from specific wound care protocols that focus on controlling blood sugar levels, optimizing circulation, and preventing infections. In contrast, patients with obesity may require tailored nutritional interventions that support weight loss, improve wound healing, and address any underlying metabolic issues (Hettiarachchi & Mudalige Don, 2024). By tailoring interventions to the patient's specific needs, healthcare providers can improve healing times, reduce infection rates, and prevent complications such as wound dehiscence or chronic wounds. Personalized care not only improves clinical outcomes but also enhances patient satisfaction, as individuals feel their unique needs and conditions are being addressed in their treatment plan.

Furthermore, patient-centered care emphasizes the importance of involving patients in their own recovery process. Educating patients about the role of nutrition, the importance of proper wound care, and the need to manage comorbid conditions can empower them to take an active role in their recovery (Persico et al., 2019). Studies have shown that when patients are well-informed and actively engaged in their care, they are more likely to follow postoperative instructions and adhere to prescribed interventions. This collaborative approach to care fosters better communication between patients and healthcare providers, ultimately leading to improved outcomes and faster recovery.

3. Discussion

The results of this literature review underscore the critical role of evidence-based nursing interventions in optimizing postoperative wound management, particularly for patients with comorbidities such as diabetes, hypertension, and obesity. The effectiveness of advanced wound care practices, nutritional support, and

Journal of Chemical Health Risks
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JCHR (2025) 15(5), 3029-3036 | ISSN:2251-6727

infection control measures was consistently highlighted, aligning with existing theories in wound healing and clinical practice. The findings confirm that the integration of evidence-based interventions into patient care can significantly improve wound healing outcomes, reduce infection rates, and expedite recovery. This supports the theoretical frameworks of wound healing, such as the Moist Wound Healing theory, which emphasizes that maintaining an optimal environment for wound healing through techniques such as hydrocolloid or hydrogel dressings can promote tissue regeneration and reduce complications like infection and dehiscence (Alanazi et al., 2024).

The results related to nutritional support, particularly protein supplementation, align with the theory of nutritional support in wound healing, which asserts that adequate protein and caloric intake are essential for supporting tissue regeneration. This is particularly relevant for patients with comorbidities such as obesity and diabetes, who are often at increased risk for delayed wound healing due to impaired metabolic function (Gillespie et al., 2021). The findings suggest that tailored nutritional interventions, which account for the specific needs of patients with these comorbidities, can significantly accelerate the healing process and prevent complications. These results confirm that evidence-based nutritional strategies should be an integral part of wound care protocols for patients with comorbid conditions, supporting the broader theory of individualized care, which argues that treatment should be customized to meet the unique physiological requirements of each patient.

Comorbidities such as diabetes, hypertension, and obesity complicate wound healing, as highlighted by the studies in this review. This finding aligns with the physiological theory of wound healing, which explains that underlying conditions can impair circulation, immune function, and tissue regeneration, all of which are essential for wound recovery. For instance, diabetes leads to poor circulation and immune dysfunction, making it more difficult for patients to fight infections and heal properly. Similarly, obesity impedes blood flow to wound sites, increasing the risk of complications (Sanguineti et al., 2014). These results further support the need for multifaceted care approaches that go beyond wound management alone and address the broader physiological factors contributing to delayed healing in these patients. The findings also suggest that effective wound care for patients with comorbidities requires an interdisciplinary approach, combining advanced wound care techniques with active management of comorbid conditions like diabetes and obesity.

The challenges associated with the implementation of evidence-based practices in clinical settings, particularly in relation to resource limitations, time constraints, and resistance to change, are consistent with existing research on barriers to evidence-based practice. The Model of Evidence-Based Practice by Melnyk and Fineout-Overholt (2011) highlights the importance of organizational support, resources, and ongoing education for the successful implementation of evidence-based practices. The results of this review reflect these challenges, particularly in settings where there is a lack of standardized wound care protocols or insufficient training for healthcare providers. These barriers prevent the consistent application of evidence-based interventions and may contribute to variations in patient outcomes. Overcoming these challenges requires a system-wide effort to improve organizational support, facilitate training programs for healthcare professionals, and create clear guidelines that integrate evidence-based practices into routine care.

Patient-centered care is another significant theme that emerged from the review. The findings emphasize that the effectiveness of evidence-based interventions is greatly enhanced when tailored to the individual needs of patients, particularly those with multiple comorbidities. This aligns with the theory of individualized care, which stresses the importance of considering a patient's unique health profile when designing treatment plans (Jadhav, 2025). By customizing wound care based on a patient's comorbid conditions, healthcare providers can improve healing outcomes and reduce complications. For example, patients with diabetes may benefit from interventions that prioritize blood sugar control alongside wound care, while obese patients may require specific nutritional support to address weight-related challenges. This personalized approach, rooted in the theory of individualized care, reinforces the idea that healthcare interventions must be adaptable to the specific physiological needs of patients, particularly in complex clinical situations like postoperative recovery.

Journal of Chemical Health Risks

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The gaps identified in the literature such as the lack of research on patients with multiple comorbidities and the limited focus on long-term outcomes point to areas where further investigation is needed. The findings suggest that most studies tend to focus on single comorbidities, but patients with multiple chronic conditions face unique challenges that are not well-addressed in the existing literature. These gaps align with the call from the theoretical framework of evidence-based practice for further research that explores the complexities of managing patients with multiple health conditions. Expanding research on this population will provide a more comprehensive understanding of how best to manage postoperative wounds in patients with a combination of comorbidities, ultimately leading to more effective and personalized care. Additionally, research on the long-term impact of evidence-based wound care practices will help determine the sustainability of interventions and inform best practices for ongoing patient management.

The findings from this review are consistent with several well-established theories in nursing and wound healing, reinforcing the importance of integrating evidence-based interventions into clinical practice. By addressing the challenges associated with implementing these practices and exploring the gaps in the literature, healthcare providers can improve postoperative care for patients with comorbidities. The emphasis on personalized, patient-centered care aligns with the broader goals of evidence-based nursing, ensuring that interventions are not only effective but also tailored to the individual needs of each patient. As the field evolves, further research will be essential to refine these practices and optimize outcomes for patients facing the complexities of postoperative recovery with multiple comorbidities.

Conclusion

This literature review highlights the significant role of evidence-based nursing interventions in improving postoperative wound management, particularly for patients with comorbidities such as diabetes, hypertension, and obesity. The findings indicate that advanced wound care practices, including the use of hydrocolloid and hydrogel dressings, as well as targeted nutritional interventions, play a critical role in promoting faster wound healing and reducing infection rates in this patient population. Nutritional support, particularly protein supplementation, has proven essential in facilitating tissue regeneration and preventing complications like wound dehiscence. Moreover, evidence-based infection control strategies further enhance healing outcomes by reducing the risk of postoperative infections.

Challenges in the implementation of these practices, including limited resources, time constraints, and inconsistent adherence to evidence-based guidelines, remain significant barriers in clinical settings. These findings underscore the need for standardized care protocols, better resource allocation, and continuous education for healthcare professionals to ensure the consistent application of best practices in wound management. Furthermore, the importance of patient-centered, individualized care emerges as a crucial component in optimizing outcomes for patients with comorbidities. Tailoring interventions to address the specific health conditions of each patient is essential for improving healing rates and minimizing complications.

The results of this review also reveal gaps in the existing literature, particularly in regard to patients with multiple comorbidities and long-term outcomes of evidence-based wound care interventions. Future research should focus on exploring the effects of evidence-based practices on patients with complex health conditions and the long-term sustainability of these interventions. Addressing these gaps will contribute to the development of more comprehensive, personalized wound care strategies that improve postoperative recovery for patients with comorbidities. Overall, this study reinforces the importance of integrating evidence-based practices into postoperative care to enhance healing outcomes and reduce complications in this vulnerable patient population.

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Journal of Chemical Health Risks

www.jchr.org

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