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Surgical Versus Non-Surgical Procedures and field of Medical Administration

The importance of understanding the difference between surgical and non-surgical preparation techniques and the patient's psychological experience cannot be overstated in medical administration. This is because, as anyone who has worked in a medical setting can attest that most patients who come into contact with the healthcare system do so for non-surgical reasons. Yet, despite this fact, much of the literature on medical administration focuses on surgical procedures and hospital settings. This imbalance can lead to a lack of understanding of the unique challenges that non-surgical patients and their families face.

Differences between Surgical vs. Non-Surgical Procedures

According to the review by Wang and colleagues (2016), the preparation techniques for surgical and non-surgical procedures are different, as are the psychological experiences of the patients. In terms of preparation, surgery requires a more extended period for the patient to recover. This is because the surgery involves cutting the tissue and often implanting devices, which can lead to complications and a more extended healing period.

In contrast, non-surgical procedures typically have a shorter recovery time because they do not involve cutting or implantation. This difference in preparation time can be significant for patients considering surgical or non-surgical options for their chronic low back pain. Regarding the psychological experience, patients who undergo surgery often report feeling more anxious and stressed than non-surgical procedures. This is likely because surgery is more invasive and risky than non-surgical treatments. As a result, patients considering surgical treatment for their chronic low back pain should be aware of their decision's physical and psychological implications (Wang et al., 2016).

Accordingly, one of the most significant differences between surgical and non-surgical procedures is the time each type of procedure requires. While most surgical procedures are completed within hours, non-surgical procedures often take days or weeks. This extended timeframe can be challenging for patients and their families, who must manage work and other responsibilities while also dealing with the stress of a medical procedure. Furthermore, the extended timeframe can also lead to increased anxiety and worry among patients as they await results (Wang et al., 2016).

Another critical difference between surgical and non-surgical procedures is the level of invasiveness. Most surgical procedures require some degree of invasiveness, whereas non-surgical procedures are typically far less invasive. This difference can impact patients' physical and psychological experiences undergoing each type of procedure. For example, patients undergoing surgery may experience pain and discomfort during and after the procedure, whereas patients undergoing a non-surgical procedure may only experience minimal discomfort. Additionally, invasiveness can impact a patient's psychological experience by affecting their sense of control and privacy. Patients who feel like they are not in control of their bodies may be more likely to experience anxiety and stress during and after a procedure (Wang et al., 2016).

Apart from that, in their book, Sarafino and Smith (2016) provide that surgery is a more invasive procedure that requires more significant psychological preparation on the part of the patient. This may include techniques such as desensitization or relaxation training. In contrast, non-surgical procedures are generally less invasive and do not require as much psychological preparation. However, both types of procedures can be associated with anxiety, loss of control, and feelings of vulnerability. Thus, medical administrators must tailor their interventions to the specific needs of each type of patient.

In conclusion, it is essential for those working in medical administration to understand the critical differences between surgical and non-surgical procedures. This understanding will allow them to meet the needs of all patients more effectively, regardless of whether they are undergoing a surgical or non-surgical procedure.

References

Sarafino, E. P., & Smith, T. W. (2016). *Health Psychology: Biopsychosocial Interactions, 9th Edition*. Wiley.

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