

Presurgery Anxiety and Day Surgery Patients' Need for Information

Mine Alacadag, MSc, RN, Dilek Cilingir, PhD, RN

Purpose: *This study was done to determine day surgery patients' presurgery anxiety levels related to information received.*

Design: *A descriptive and cross-sectional model was used.*

Methods: *The study was conducted with 151 patients who underwent day surgery at surgical clinics of a university hospital in Turkey. The data were gathered with the Patient Information Form and the State-Trait Anxiety Inventory.*

Findings: *The findings were that most of the patients received information about their day surgery, but the rate of receiving information about some issues was very low. Most of the patients reported that although they did not have any anxiety about surgery and anesthesia, observations revealed that their average state and trait anxiety scores were high.*

Conclusions: *Study results can be used as a basis to provide patients with clarifications about surgeries during the presurgery period and as a means of decreasing their anxiety about surgery and anesthesia.*

Keywords: *information needs, day surgery, ambulatory surgery, patient anxiety, patient education.*

© 2017 by American Society of PeriAnesthesia Nurses

DUE TO RECENT TECHNOLOGICAL advancements and developments in anesthesia and post-surgery care, surgical interventions are not regarded as the last option but are now used widely. Although day surgery is typically used for more minor procedures, most procedures that require surgical interventions are performed there. Day surgeries are described as those interventions that enable patients suited to this procedure to be operated on in a planned way and to be discharged from the hospital on the same day. The preference for day surgery can be understood for several rea-

sons: it is safe, reduces health costs and hospital stays considerably, increases patient satisfaction, and does not affect a family's routine very much.^{1,2}

Day surgery has been practiced for more than 40 years throughout the world, and has shown significant advances in the last 20 years. During the 1980s, seven of eight patients who had surgery required a hospital stay for at least 1 day, but today 60% of the patients who are operated on can be discharged from the hospital on the same day. More complicated surgical procedures, which previously required a hospital stay of 4 or 5 days, can now be reduced to 4 or 5 hours.^{1,2}

Reports on elective surgeries indicate that 65% of these are done as day surgeries in European countries, and the rate is 80% in the United States. Other relevant studies have reported that the rate of day surgery practices is 83% in North America and Canada, 75% in Australia, 79% in Denmark, 70% in Holland, 66% in Sweden, 62% in England, 60% in Germany, and 50% in Finland.^{3,4}

Mine Alacadag, MSc, RN, Sabuncuoglu Serefeddin Vocational School of Health Services, Amasya University, Turkey; and Dilek Cilingir, PhD, RN, Health Sciences, Karadeniz Technical University, Trabzon, Turkey.

Conflict of interest: None to report.

Address correspondence to Dilek Cilingir, Karadeniz Teknik Universitesi Saglik Bilimleri Fakultesi, Eczacılık Fakultesi Binası, Hemsirelik Bölümü, 61080 Trabzon, Turkey; e-mail address: dilekcilingir1@yahoo.com.

© 2017 by American Society of PeriAnesthesia Nurses

1089-9472/\$36.00

<http://dx.doi.org/10.1016/j.jopan.2017.06.125>

Although day surgery is preferred for many reasons and has numerous advantages, some problems may occur related to hospital discharge on the same day. The most important of these problems is that patients rarely obtain sufficient information about the day surgery process before the actual surgery. One reason for this is because patients' contact with nurses and other health care team members is often only for a short time. Although day surgery is an intervention completed in a day, it is a surgical procedure, which can create anxiety and stress for patients during the presurgery period. Unfortunately, a lack of instructions and clarifications about the surgical process may negatively affect surgery, anesthesia, and the post-surgery period as well as patients' anxiety levels. However, the relevant studies emphasize that patients who are informed in detail before surgery exhibit lower anxiety levels during the presurgery and postsurgery periods. Patient postsurgery pain levels are also lower, satisfaction levels are higher, and thus they make a faster recovery.⁵⁻⁸

In the day surgery process, nurses play a key role in presurgery preparation of the day surgery patients in assisting during surgery and in facilitating postsurgery recovery. Before surgery, nurses should provide patients with clear and accurate information about what will happen during the day surgery. They should do whatever they can to reduce the patient's anxiety and to ensure a successful outcome. To this end, patients should be given information immediately after the surgery decision is made. This should be delivered in a multidisciplinary way and maintained after hospital discharge.^{8,9}

Although the literature contains abundant information about patients' anxiety levels and information needs before surgical interventions, the number of studies that deal with this topic in relation to anxiety levels is limited. We believe that determining day surgery patients' information needs and anxiety levels during the presurgery period will help to address the lack of knowledge about their surgery and reduce their anxiety. It will also facilitate conducting interventions that will reduce anxiety of the patients with high levels of anxiety. This knowledge will also help the health care team to provide patients with information before surgery to reduce their anxiety and enhance patient satisfaction and quality of health care services.

The present study was undertaken to determine day surgery patients' presurgery anxiety levels related to information received.

Method

Design

The study was designed as a descriptive and cross-sectional model.

Sample and Setting

The study was undertaken at a university hospital in northeast Turkey between January 28 and July 28, 2013. The study sample was composed of 151 patients who underwent day surgery for the first time within clinics of orthopaedics and traumatology, urology, ophthalmology, general surgery, thoracic surgery, gynecology, and obstetrics. Participants resided in the city where the hospital was located, were aged ≥ 18 years, and did not have any communication or mental hindrances. Furthermore, they were also able to speak, read, and write in Turkish, did not have any psychiatric disorder, did not use psychiatric medicines, and agreed to participate in the study. The sample size was calculated using the sampling formula of unknown population [$n = t^2 pq/d^2$] ($t = 1.96$, $\alpha = 0.05$, $P = .25$, $q = 0.75$, $d = 0.05$).¹⁰ A total of 158 patients were recruited, but because two patients underwent their day surgery early and five patients declined to take part in the study, a total of seven patients dropped out of the study. The rate of participation in the study was 95.5%.

Data Collection and Instruments

The data used in the study were gathered using the "Patient Information Form" and the State-Trait Anxiety Inventory (STAI).

Patient Information Form

The Patient Information Form was designed in two parts by the researcher in line with the relevant literature and observation, and it included a total of 23 questions. The first part of the form included eight questions that addressed patients' descriptive characteristics (age, sex, marital status, and so forth). The second part of the form included 15 questions that addressed level of knowledge

Download English Version:

<https://daneshyari.com/en/article/10211290>

Download Persian Version:

<https://daneshyari.com/article/10211290>

[Daneshyari.com](https://daneshyari.com)