Pre-Operative Anxiety Management in a Day Surgery Unit
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Context and Problem/Cyd-destun a phroblem

Context:
Day Surgery-
• Account for 50%- 80 % of all surgeries (McCabe & Timmins, 2009)
• High turnover of patients + increasing number of patients expected in the future (Mitchell, 2010)
• Cost effective as more patients are treated - reduces waiting lists and incidences of infection (McIntosh & Adams, 2011)
• A high proportion of patients suffer with pre-operative anxiety (Mitchell, 2010)
• However, more formal interventions to support pre-operative anxiety are needed (Mitchell, 2010)
• Pre-operative anxiety can have a psychological and physiological impact on patients’ health (Mitchell, 2010)

Assessment Problem:
Lack of guidance and procedures for the nursing management of pre-operative anxiety management in surgery units

Strategy for Change/Strategaeth i newid

• More formal provisions are needed to assess and alleviate pre-operative anxiety in day surgery units
• Can the use of an assessment tool be beneficial to help identify and monitor pre-operative anxiety levels?
• For my patient I planned an earlier visit by the anaesthetist to provide information, and to dispel any misconceptions about general anaesthesia
• I aimed to improve the quality of care for pre-operative anxiety management

The PDSA cycle can be used to test the effectiveness of pre-operative anxiety management through a temporary trial in a day surgery unit.

PDSA cycle

1. Plan
What needs to be done?
2. Do
Have a go
3. Study
Look at what happened
4. Act
Decide what changes need to be made in light of what has been learnt.

The Outcome/Canlyniad

Lessons Learnt:
• The literature reveals lack of guidance and procedures for nurses for pre-operative anxiety management in day surgeries
• The psychological needs of patients needs to be addressed to ensure that pre-operative anxiety is managed effectively
• Other interventions could be considered such as the use of music (Ni et al, 2012)
• Future development of an assessment tool to measure pre-operative anxiety

References/Cyfeiriadau:

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• Pre-operative anxiety had the potential to affect my patient’s physical and psychological health such as vital signs and responses to analgesia and anaesthesia (Pritchard, 2011)
• The interventions put into place for my patient helped to alleviate pre-operative anxiety
• In particular, planning earlier visit by the anaesthetist and scoring levels of anxiety