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Effects of preoperative individualized education on postoperative anxiety and pain on patients undergoing heart surgery

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Open heart surgery may produce emotional, cognitive, and physiological negative effects. These effects can be decreased with individualized education, therefore it can be reached positive patient outcomes. The study was to determine the effects of preoperative individualized education on postoperative anxiety and pain in patients undergoing open heart surgery. This 2015 quasi-experimental study included 109 patients. Data were collected using the "Data Collection Form", "State-Trait Anxiety Inventory (STAI)", and "Visual Analogue Scale (VAS)". The mean age was 59.62 years. Of the patients, 69.7% were males and 92.7% were married, and 49.5% were graduated from primary school. Majority of the patients (71.6%) had concomitant coronary artery disease. Anxiety was mostly originated from lack of knowledge on surgery (70.6%), leaving the relatives (21.1%), fear of death (16.5%), and pain (15.6%). The mean preoperative state and trait anxiety scores were 34.34 ± 9.03 and 37.98 ± 8.28 , respectively. The mean postoperative state anxiety scores were 35.94 ± 8.92 . There was no statistically significant difference in the mean pre- and post-operative state anxiety scores. However, the mean pre- and post-operative state anxiety scores were statistically significantly associated with the mean pain score. In conclusion, preoperative anxiety management based on individual patient's characteristics in combination with individualized patient-centered education may reduce the degree of anxiety and improve post-operative healing.

Biography

Elif Budak completed her graduation from Başkent University, Faculty of Health Sciences, Department of Nursing in 2011. She worked as a Nurse at cardiovascular surgery intensive care unit for 2 years. She has completed her Master's degree at Başkent University in 2015 with Master's thesis title "Effects of Pre-operative Individualized Education on Postoperative Anxiety and Pain on Patients Undergoing Heart Surgery". She continued her PhD program at Gazi University, Department of Surgical Nursing. She is working as a Research Assistant at Başkent University, School of Nursing. She has published two articles. One of them was "Determination of the Beliefs Towards Mental Illness in Nursing Students in Baskent University" and the other one was "Awareness of Skin Cancer, Prevention and Early Detection among Turkish University Students".

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