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Processes to Improve Preoperative Anxiety in the Bariatric Surgical Patient: A Video Tour of the Patient's Surgical Journey

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PROCESSES TO IMPROVE PREOPERATIVE ANXIETY IN THE BARIATRIC SURGICAL PATIENT

A VIDEO TOUR OF THE PATIENT'S SURGICAL JOURNEY

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BACKGROUND

Preoperative education is an essential component of surgical preparation. When the patient is aware of what will be encountered in each stage of their surgical journey, anxiety related to their surgical experience may be alleviated. The purpose of this project was to examine the effect an informational video added to current patient educational practices had on preoperative anxiety in patients scheduled for bariatric surgery.



CURRENT STATE

Press Ganey survey results for the site hospital were reviewed and negative comments identified. It was determined most of the negative comments could be addressed with additional patient education

PURPOSE OF STUDY

- Patients who are informed about the surgical process have shorter hospital stays, less postoperative pain and nausea, and reduced anxiety levels preoperatively (Wilson et al., 2016).
- A combination of visual and sensory data is the most effective method to reduce preoperative anxiety (Buzatto & Zanei, 2010).

METHOD

- V verbally consent bariatric patients in PAT
- Complete surveys: Demographic and VAS
- PAT appointment- No video
- Complete surveys: VAS
- Analyze data

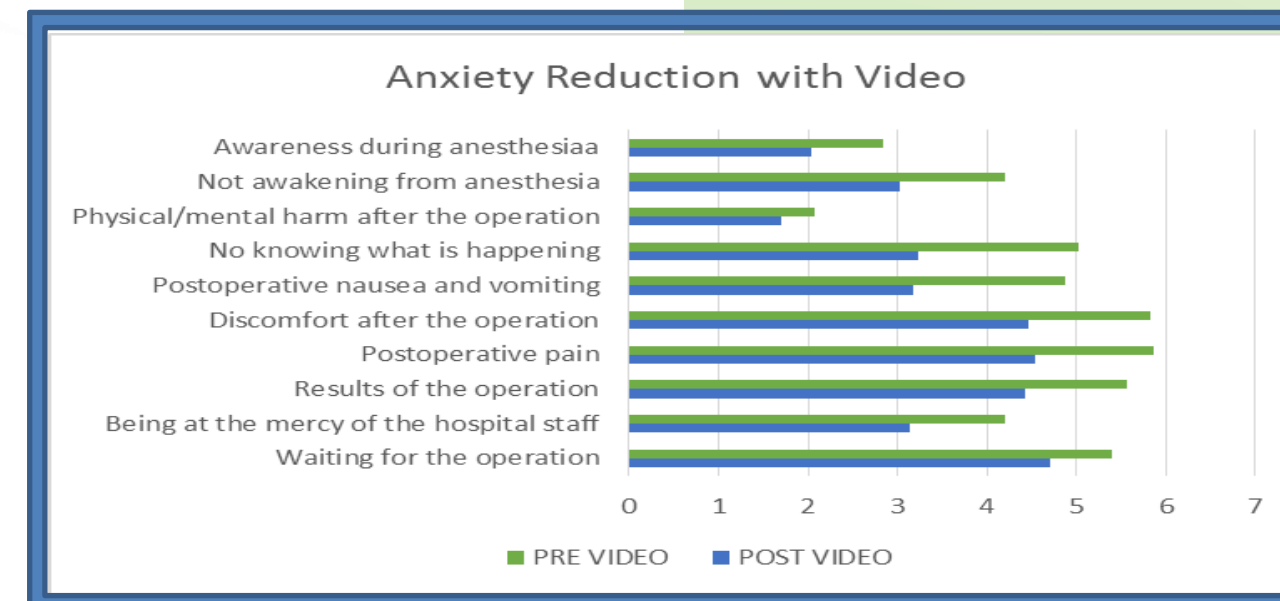
RESULTS



30 adult patients scheduled for bariatric surgery completed surveys and proceeded through PAT prepared with the current educational process of written and verbal instructions over a 5-week period



30 adult patients scheduled for bariatric surgery completed surveys and proceeded through PAT prepared with the current process plus addition of the informational video tour over a 5-week period



A statistically significant decrease in preoperative perceived anxiety was identified in five data points in the baseline group

A statistically significant decrease in preoperative perceived anxiety was identified in nine data points in the video group

CONCLUSION

Addition of an informational video to educate patients preoperatively is an effective method to further reduce preoperative anxiety in the bariatric surgical population.

PROJECT SUSTAINABILITY

A URL has been created for all surgical patients to view the video at home before surgery
A Spanish version of the video has been produced

