

Tower Health

Scholar Commons @ Tower Health

Reading Hospital Nursing Scholarly Activity

Reading Hospital Nursing

10-1-2020

Video Education to Improve Preoperative Anxiety in the Bariatric Surgical Patient: A Quality Improvement Project.

Lori Helms

Department of Nursing, Reading Hospital Tower Health, West Reading, PA USA,
lori.helms@towerhealth.org

Follow this and additional works at: https://scholarcommons.towerhealth.org/nrs_read_nursing

Recommended Citation

Helms, L. (2020). Video Education to Improve Preoperative Anxiety in the Bariatric Surgical Patient: A Quality Improvement Project.. *Journal of Perianesthesia Nursing*, 35 (5), 467-471. <https://doi.org/10.1016/j.jopan.2020.01.012>

This Article is brought to you for free and open access by the Reading Hospital Nursing at Scholar Commons @ Tower Health. It has been accepted for inclusion in Reading Hospital Nursing Scholarly Activity by an authorized administrator of Scholar Commons @ Tower Health. For more information, please contact alexandra.short@towerhealth.org.

PROCESSES TO IMPROVE PREOPERATIVE ANXIETY IN THE BARIATRIC SURGICAL PATIENT

A VIDEO TOUR OF THE PATIENT'S SURGICAL JOURNEY

Reading Hospital - Tower Health, West Reading, PA
Lori Helms DNP, RN, NPD-BC, CPAN

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
————— 5-Week Period
- Complete surveys: Demographic and VAS
- PAT appointment- No video
- Complete surveys: VAS
————— 5-Week Period
- Complete surveys: Demographic and VAS
- PAT appointment with video
- Complete surveys: VAS
- Analyze data

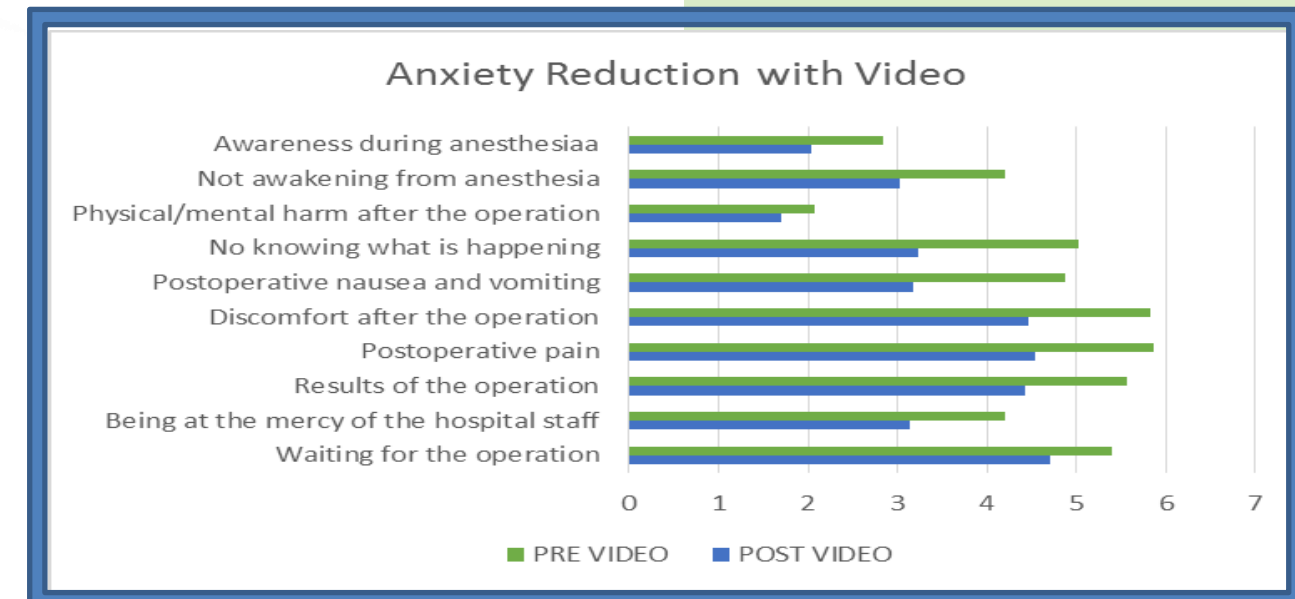
RESULTS



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

