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Gwendolyn Minogue

Jill Krystofinski MSN, CRNA
Lehigh Valley Health Network, jill_m.krystofinski@lvhn.org

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An Audio-Visual Distraction Technique for a Burn Surgical Patient

Gwendolyn Minogue[1]; Jill M. Krystofinski MSN, CRNA[2]

1 LVHN Summer Research Scholar
2 LVHN Department of Anesthesia CRNA

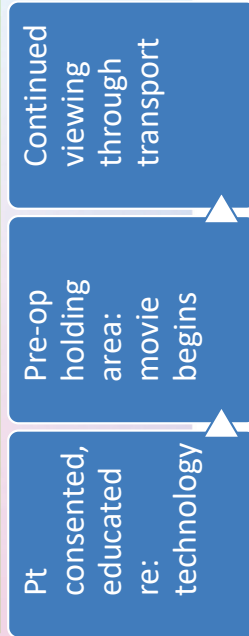**Lehigh Valley Health Network, Allentown, Pennsylvania**

Background

- Benzodiazepines like Versed – used for anxiety
  - Contribute to feelings of sleepiness and longer wake-up time post-op
- Informal experience in OR yielded increased patient satisfaction and decreased anxiety when a movie was played during induction
  - Studies have proven that audio-visual distraction (**AVD**) minimizes anxiety in pediatric and adult cohorts
- Substituting this AVD technique could decrease/eliminate the need for benzos and cut down time in the post-anesthesia care unit (**PACU**)
  - Quantifiable way to test AVD benefits

Objective

To compare the time spent in the PACU between patients receiving the movie intervention and those receiving standard of care.

Methods

| Pt consented, educated re: technology | Pre-op holding area: movie begins | Continued viewing through transport |

Here, no Versed drug given

| Induction setup, oxygenation while watching | Pt induced; movie turned off, operation proceeds | Time in PACU measured through Epic |

Image courtesy of Jill M. Krystofinski, with patient consent

Patient viewing movie as AVDT

Results

- Project awaiting Institutional Review Board (IRB) approval
- Delays: wanted to take the time to choose the best evaluation system
  - Originally hoped to measure anxiety
  - Financial impact correlated most directly to the time in the post-anesthesia care unit (PACU)
  - Qualitative experience had already proven patient benefits

Conclusions

- Ideally, decreasing the need for anti anxiolytics would result in a clinically meaningful reduction in PACU time
  - Current average: 71 minutes
  - Target: **45 minutes** in the PACU

Future Directions

- Examine patient anxiety and satisfaction as a primary outcome and correlations to reimbursement
- Examine nothing passes orally (**NPO**) time and how this may impact length of stay
- Compare Aldrete scores between control and experimental groups to determine how this affects length of stay

References and Acknowledgements

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2. McMahon, O., Athanassoglou, V., Galitzine, S. (2021). "Audiovisual distraction as an anxiety-minimizing adjuvant to regional anesthesia in adult limb surgery." *J. Visual Communication in Medicine* 44(4): 166-173. doi: 10.1080/17453054.2021.1962701.

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