

# Recognizing Pre-Operative Anxiety in Acute Care Pediatric Patients.

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# Recognizing Pre-Operative Anxiety in Acute Care Pediatric Patients

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## Background

Evidence identifies the effects of pre-operative anxiety on patient healing, and a need for further education and interventions

Currently there is no scoring tool or means of assessing anxiety in preoperative pediatric patients at Lehigh Valley Health Network.

## Evidence

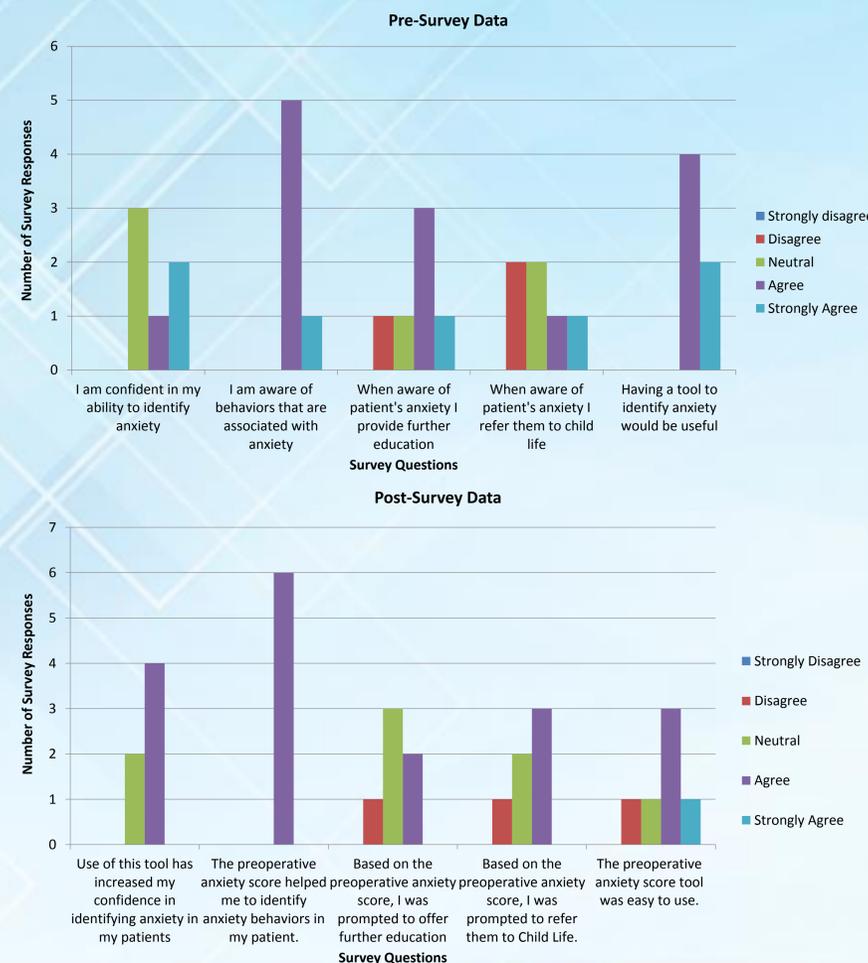
- Children are vulnerable to preoperative stress due to cognitive functioning, reliance on others, and limited experiences and understanding with healthcare. (AL-Sagarat, A et. al. 2017)
- Preoperative anxiety in children is related to postoperative negative behaviors including nightmares, separation anxiety, and eating problems. (Kain, Z. et al, 1997)
- "Preoperative anxiety among children undergoing surgery was significantly associated with painful postoperative recovery." (AL-Sagarat, A et. al. 2017)
- Increases in preoperative anxiety can increase a need for anesthesia which can negatively impact postoperative recovery. (AL-Sagarat, A et. al. 2017)
- "Quantifying the degree of anxiety experience by a child may be a worthy pursuit to understand the magnitude of the problem and to stratify appropriate therapeutic interventions to mitigate its effects." (Banchs, R. & Lerman, J., 2014)

## PICO Question

- For nurses caring for pediatric preoperative patients, does the utilization of the modified Yale Preoperative Anxiety Score (mYPAS), in comparison to no score, increase nurses' awareness of pediatric patient and family anxiety and identify need for further intervention?

## Implementation Plan

- Permission obtained by authors of mYPAS for utilization.
- A scoring tip sheet was created and provided to RNs who completed surveys.
- 6 Inpatient pediatric nurses caring for pre-operative patients completed a pre-survey about current methods used for identifying anxiety in their patients.
- The same 6 nurses utilized the mYPAS scale and completed a post-survey on effectiveness of the scale in identifying preoperative anxiety in their patients.



## Outcome

- 6 Inpatient Pediatric Nurses completed pre and post surveys and utilized the mYPAS scoring tool.
- 4 out of 6 nurses agree that they currently assess patients for preoperative anxiety.
- All 6 nurses who completed the survey agreed that having a tool to identify anxiety would be useful, and that the mYPAS scoring tool helped them to identify anxiety behaviors in their patients.
- 4 out of 6 nurses agreed that the mYPAS scale was easy to use.
- All 6 nurses agreed that they would use this scale if it were available to them in EPIC.

## Next Steps

- The mYPAS scale was designed for use in the preoperative staging area. Consider presentation of findings and supporting literature to the Nurse Research Council for potential implementation in the pre-operative holding area.
- For use in the inpatient setting- additional data should be collected using another scale or modified version.

## References

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