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## Patient preferences of anxiety reducing strategies prior to coronary Angiography

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Coronary angiography is a widespread invasive procedure used for management of coronary artery diseases and heart valve diseases. The aim of the study was to assess the patient preferences of anxiety reducing strategies prior to coronary angiography. The research question was what are the patient preferences of anxiety reducing strategies prior to coronary angiography. Research design: A descriptive exploratory design was utilized to fulfil the aim of the study. A convenient sample consisted of 60 adult patients undergoing coronary angiography at one of Cairo University hospitals, Egypt. Three tools were used to collect data pertinent to the study: a) Semi-structured interview questionnaire to assess the subjects' socio-demographic and medical related variables data , b) Numeric Visual Analog Anxiety Scale (NVAAS) to assess level of anxiety and c) the anxiety reducing strategies questionnaire used to assess subjects' preferences of anxiety reducing strategies prior to coronary angiography. More than half of the study subjects had moderate to severe anxiety (53%).The study subjects preferred supplication, prayer and listening and recitation of Quran to control their anxiety before Coronary angiography. In-service training programs should be planned and applied frequently to all nurses to boost their knowledge and practice regarding patient's psychological status especially before coronary angiography procedure.

### Biography

Ahmed Fathy Al kady has completed his Master studies at the age of 28 years from Cairo University , faculty of Nursing. He is assistant lecturer at faculty of Nursing, Cairo University . He has published 2 papers in national journals. He had a bachelor degree in nursing with excellent degree with honor degree.

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