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Effect of preoperative intervention on anxiety and pain in women undergoing hysterectomy

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Background & Aim: High level of preoperative anxiety is common among gynecological patients and may affect the need for opioids in the post-operative period. The study aims to evaluate the effect of individual preoperative information and dialogue on anxiety level and post-operative pain in women undergoing hysterectomy.

Method: A sample of 46 women scheduled for hysterectomy was randomly assigned to either the Study Group (SG) or the Control Group (CG). Two weeks before the surgery, the SGs were given individual information and dialogue at a preoperative consultation. The CGs received information as usual on the day of surgery. Anxiety level was assessed an hour before surgery and six and 24 hours after surgery. The main outcome, postoperative pain, was assessed at six and 24 hours and four weeks after surgery.

Result: Baseline characteristics of both groups were comparable except for type of surgery and anesthetic technique. 40 participants were analyzed, 20 in each group. This study was not able to demonstrate any statistically significant difference in anxiety level or postoperative pain between the groups.

Conclusion: Preoperative individual information and dialogue did not result in significant effects in reducing anxiety level nor did it result in lower postoperative pain score.

Implications for Practice: Patients with elevated anxiety level might benefit if Nurses are more aware of preoperative anxiety level and act on high levels.

Biography

Hronn Thorn has completed her Master of Public Health from Aarhus University. She is currently working as a development Nurse at the department of gynecology and obstetrics at Regions Hospitalet Horsens in Denmark. She is a board member of the Danish Nursing Society Research Council and the Society of Gynecological and Obstetric Nurses.

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