Evaluation of The Effectiveness of Pre-operative calls

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In a perioperative area, patients experience high levels of anxiety that effects their post-operative compliance and satisfaction. The study objective is to Evaluate the effectiveness of pre-operative phone calls conducted routinely two days prior procedure in reducing anxiety at Johns Hopkins Aramco Healthcare (JHAH).

An evidence based research was conducted in PubMed database to determine the best available method in minimizing patient anxiety. Most of the evidence supported reinforcing patient teaching through various techniques which has direct positive effects on lowering patient's anxiety level.

Quasi-experiment was conducted based on receiving preoperative phone call.

An IRB approval was obtained to pursue the project for three months. Starting 8,1-11,1, 2018. Hamilton Anxiety Scale HAM-A survey was the tool used to help objectify and rate the severity of a patient's anxiety. It was completed by the patient upon arrival to the hospital, pre operatively. To compare anxiety levels in the candidates sample size N=357. Patients were divided into two groups ,(N=0) with 187 participant answered the pre-operative call and (N=1) with 170 participants did not answer. Each patient in this sample was given the call; patients' answering was a variable.

Research finding: There was no significant difference in the anxiety levels at the day of surgery for both groups. Where P-Value is greater than 0.05 . However, the limitations of this study needs to be taken into consideration as it might have influenced the result of this study.

To conclude, HAM-A was used to evaluate the Peri-operative patients after receiving pre-operative call results indicated no significant difference in diminishing patient's anxiety levels.

Nevertheless, we are determined to continue our research in the hopes of diminishing the anxiety levels of the Perioperative patient.

Implication to practice: Redesigning the delivery method for reinforcement of preoperative teaching could be the next step to reduce anxiety for perioperative patients.

Biography:
Aljazi Alqahtani has completed her Bachelor degree in Nursing from Dammam University. She is a nurse clinician at Johns Hopkins Aramco Healthcare.

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