¿What preoperative information do parents of children undergoing surgery want?

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Introduction

- Parents of children scheduled for elective surgery develop significant preoperative anxiety
- Parental anxiety is a risk factor for preoperative anxiety in children
- Increased anxiety in children may be associated with adverse postoperative outcomes

(Kain ZN 2000, 2009 / Fortier MA 2010)

- Preoperative parental anxiety could be related to lack of information about the entire perioperative process
- Information provided through an education program and based on parental information needs could reduce their preoperative anxiety
- There is no preoperative education program in our Institution. We want to develop strategies of information for parents

(Wisselo TL 2004 / Spencer C 2010)

Objective

- To define the preoperative information needs of parents of healthy children undergoing elective surgery in our hospital

Patients and method

- Prospective protocol, approved by the Institutional Ethics Committee
- In recovery room, we perform a questionnaire to parents of:
  - Patients < 15 years, healthy (ASA I)
  - Surgery under general anesthesia, without intraoperative complications
- We registered data of parents and the type of surgery

Questionnaire

- Contains 34 closed questions
- Based on literature and on model that establishes the gap between
  - Education received vs. education desired
- Evaluate preoperative information received or would like to have received in terms of:

Contents (16)	Methods (5)	Opportunity (5)	Place (5)	Informant (3)

- Previous validation
  - Four experts
  - Pilot evaluation in 90 parents
- Exclusion criteria:
  - Not read or write in Spanish / Not understand the questionnaire
- Statistical analysis
  - We use descriptive statistic: frequency, average (SD)

Results

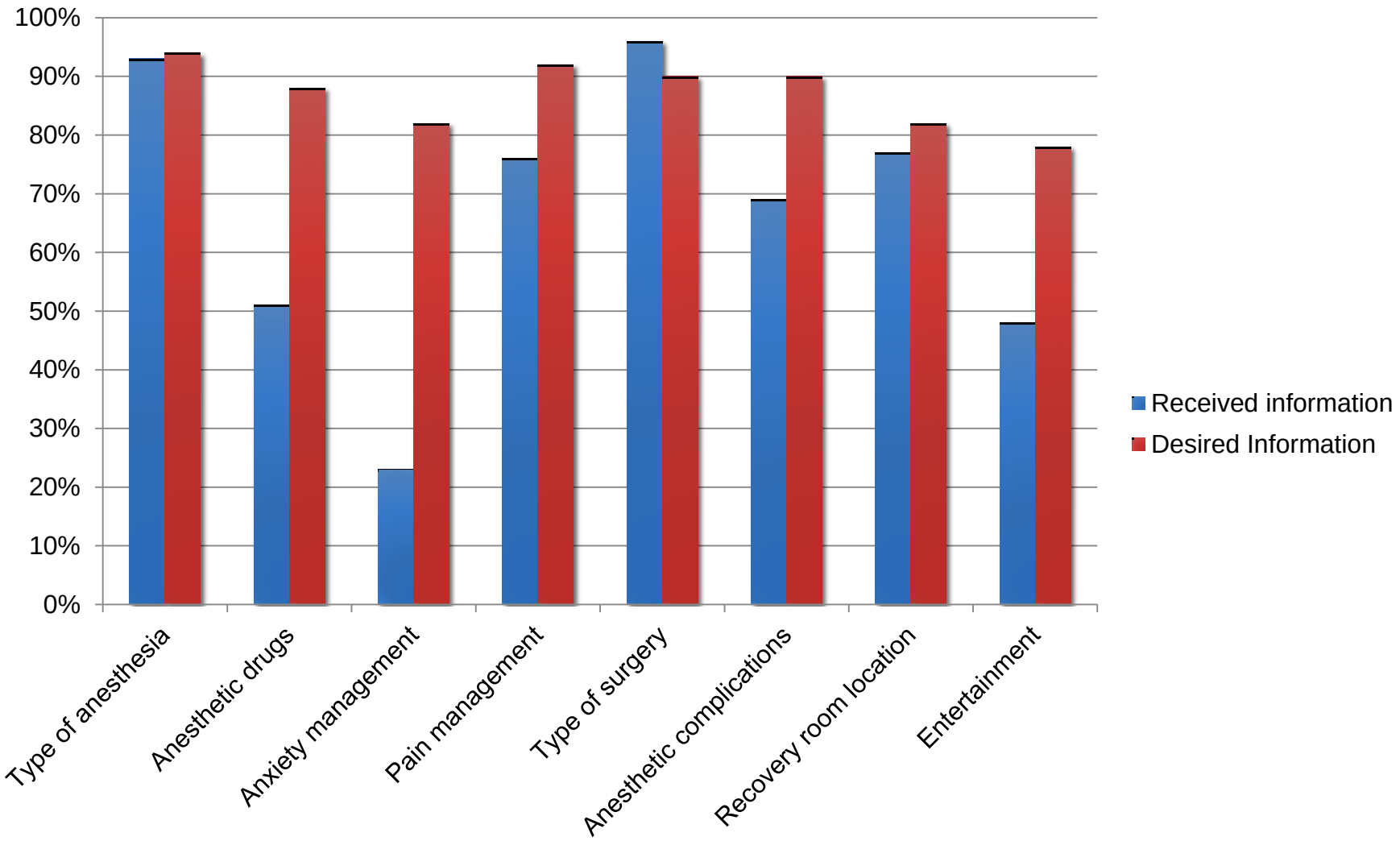
Demographic data

- N 113 parents
- Age 35.7 ± 6.3 years
- Gender 86 women (76.1%) 27 men (23.9%)

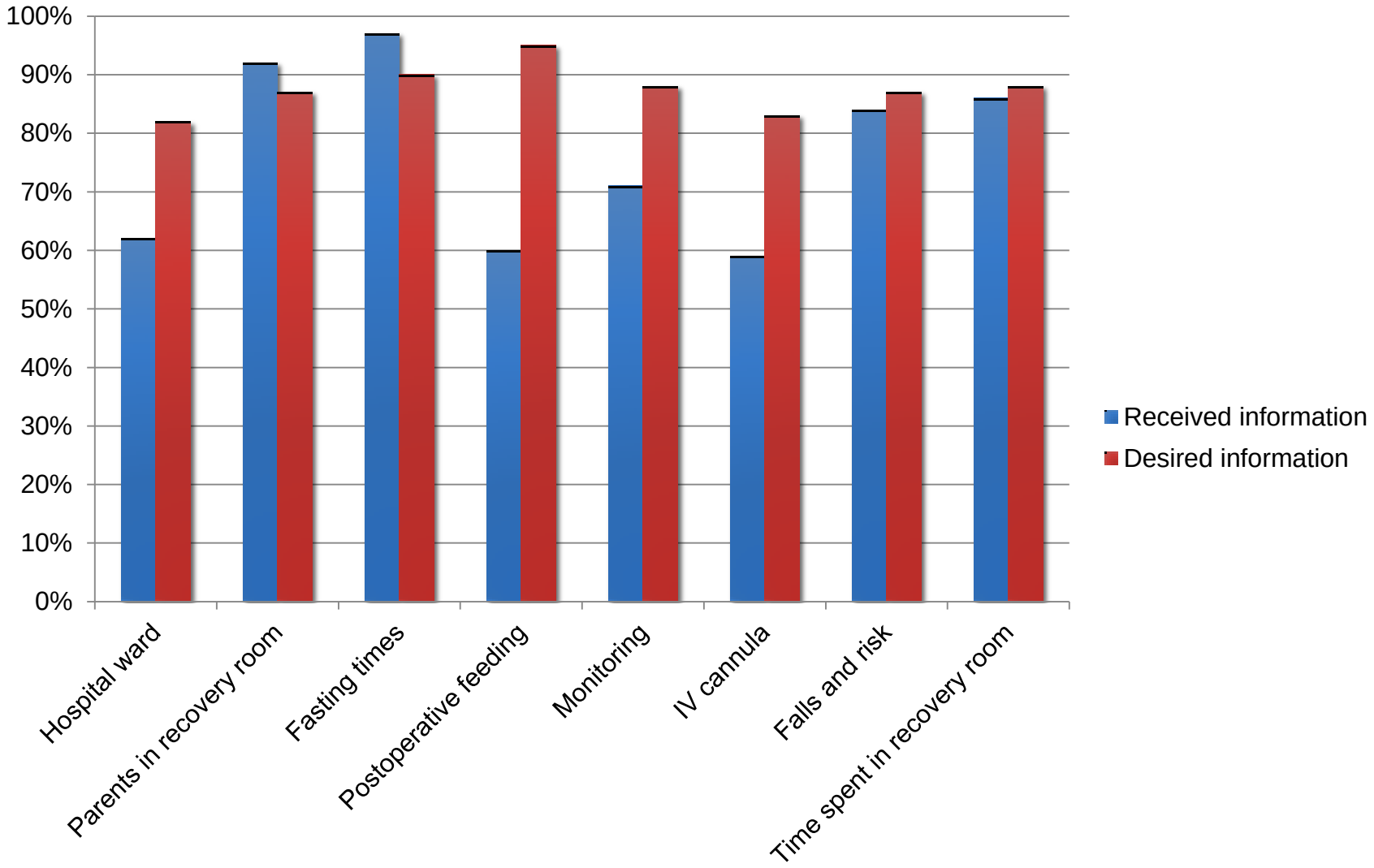
Surgeries

- Urologic 42.5 %
- ENT 34.5 %
- Orthopedic 11.5 %
- Plastic 8.0 %
- Abdominal 3.5 %

Contents


100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%
Type of anesthesia
Anesthetic drugs
Anxiety management
Pain management
Type of surgery
Anesthetic complications
Recovery room location
Entertainment
Received information
Desired Information

Contents


100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%
Hospital ward
Parents in recovery room
Fasting times
Postoperative feeding
Monitoring
IV cannula
Falls and risk
Time spent in recovery room
Received information
Desired information

Methods

	Received	Desired
Verbal	93	81
Telephone	27	21
Leaflet	12	47
Video	0	27
Simulation	0	20

Opportunity

	Received	Desired
1 month	12	12
2 weeks	25	28
1 week	32	45
1 day before	35	29
Same day	25	7

Place

	Received	Desired
Surgeon’s office	86	86
Holding area	22	14
Operating room	16	7
Hospital tour	10	20
Website	0	15

Informant

	Received	Desired
Surgeon	88	83
Anesthetist	63	67
Nurse	43	67

Discussion

- Parents of children undergoing elective surgery need preoperative information:
  - About all contents of the questionnaire: anesthesia, surgery, anxiety and postoperative care
  - Provided verbally, between one day and one week before surgery
  - Provided by the surgeon and in his or her office
  - Supplemented with leaflets, videos or simulation workshops
- Characteristics of information requested by parents are consistent with literature

- …. With information obtained in this research ….
- We develop an educational video: *“Preparing for our child surgery”*
- We implement a preoperative educational protocol:
  - Video – Leaflet (*“I am going to have an anesthesia”*)
  - Verbal information
- We are conducting a study to assess:
  - Impact on preoperative anxiety of parents and of their children

(www.redsalud.uc.cl/ucchristus/educacion_para_pacientes/cuidados-del-niño)