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### The Circulating Nurse's Role in Decreasing Fear to Patient and Designated Family Member Prior to a Surgery Under Anesthesia

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# West Kendall **Baptist Hospital**

An academic affiliate of the FIU Herbert Wertheim College of Medicine

### Background

Patients and family members who undergo surgery experience fear and anxiety prior to their surgical procedure. Fear is an emotion specific to a danger source (surgery under anesthesia). Guidelines for perioperative practice by the Association of PeriOperative Registered Nurses 2017 suggest that circulating nurses should help patients and family members decrease fear of surgery. By decreasing fear, circulating nurses can successfully prepare patients and their family members for surgery.

### Purpose

The goal of this evaluation research study was to assess the perceptions of patients' and caregivers' fear of having surgery under general anesthesia pre/post the implementation of an evidence-based emotional support checklist.

# **Evidence-based Emotional Support** Surgical Checklist

Literature reviews have identified areas where empathy, active listening, good communication and emotional support are decreasing fear in patient and family members, for this reason they have all been implemented in the checklist used in this study (Figure 1).

times in a calm atmosphere and natural way. Show have the OR ready for the surgery and everything through a mechanical ventilator, cutting or knife/so <sup>2</sup>Sit down to be on patients' level next to the patie the present moment. Offer spiritual support such as Give a gentle touch and a way to provide comfort Engage in conversation with the patient and their effective communication. Promote that safety is yo Listen intently and closely to patients concerns an necessary contact the surgeon and anesthesiology <sup>6</sup> Reassuring approach/ attitude. Allow time for ver <sup>7</sup>Listen for hidden meaning in patient's comments questions about post-surgery/ PACU and F/U. My Provide care with simple gestures such as offering crackers to family members. Tell them 'I am there 'Empathy, put yourself in the patient's shoes. Tell omeone who watches, protects and makes sure that

vetic (2011). AORN guidelines for perioperative practice(6<sup>th</sup>ed) (2016 slimen & Andsoy (2011), Franczk & Godfrey (201) De Bie, Massuger, Lenselink, Derksen, Prins & Bekkers (201

Figure 1: Evidence-based emotional support surgical checklist

# The Circulating Nurse's Role in Decreasing Fear to Patient and **Designated Family Member Prior to a Surgery Under Anesthesia** Claudia Chanes, BSN, RN, CNOR and Jimmy Cotton BSN, RN



port surgical checklist Form
xplains, and thank)
designated family member (them) at all the
r kindness, it is contagious. Tell them that you
that is needed. Avoid words such as: breathing
calpel. "All is well" "You are safe"
nt's bed. Promote positive thoughts. Stay in
s pray with them.
t such as: hands or shoulder. Ask may I?
family and shows positive body language and
our number one priority.
nd questions by addressing their fear. If
Praise and encourage doctors and nurses.
rbalization and expressing of fears.
"how if". Involve relatives by answering their
role as a RN is to be your advocate.
g a warm blanket or, offering a juicy or
e for you" "I will be your eyes, and ears".
l them that OR nurses are like a guardian,
at the standards are followed in the operating

VARIABLE	PATIENTS (n=75)	DESIGNEES (n=75
	n (%)	n (%)
SEX		
Female	44 (58.7)	41(54.7)
Male	31(41.3)	34(45.3)
AGE,		
18-24	24(32.0)	25(33.3)
46-24	24(32.0)	33(44.0)
+65	27(36.0)	17(22.7)
ETHNICITY		
Asian	2(2.7)	1(1.3)
Black	9(12.0)	10(13.3)
Hispanic	35(46.7)	38(50.7)
White	29(38.7)	26(34.7)
EDUCATION LEVEL		
College	40(53.3)	40(53.3)
High school	35(46.7)	35(46.7)
MARITAL STATUS		
Married	48(64.0)	50(66.7)
Single	27(36.0)	25(33.3)

 Table 1: Sample demographic data

VARIABLE	MEAN±SD	<b>P-VALUE</b>
SYSTOLIC		
Pre	136.90±20.64	p <.001
Post	128.58±16.71	
DIASTOLIC		
Pre	76.40±10.22	p <.083
Post	74.32±10.17	
HEART RATE		
Pre	81.00±14.07	p <.001
Post	75.90±11.76	
<b>RESPIRATORY RATE</b>		
Pre	19.36±2.10	p <.001
Post	17.54±1.69	
Table 2: Patient ph	ysiological o	utcomes

VARIABLE	MEAN <u>+</u> SD	
FEAR Patient		
Pre	6.81 <u>+</u> 2.08	
Post	4.0 <u>+</u> 2.44	
FEAR Designee		
Pre	7.867 <u>+</u> 2.08	
Post	3.34 <u>+</u> 3.11	
Table 3: Patient and design		

member fear rating

pilyelelegieal eateenie

### **P-VALUE**

p <.001

p < .001

nated family

This evaluation research study used a quasi-experimental pre/post single group design measuring perceptions of fear of surgery for and his/her caregiver to be collected using a researcher-developed questionnaire and objective physiological measures of patients. The data was collected from March 2017 to October 2017 and there were 75 patients and 75 designated family members who participated. Statistical analyses were performed using SPSS. Frequencies and measures of central tendency and dispersion were used to describe the sample. For each scale the total score was calculated. In addition, bivariate analyses were done by using paired sample t test, Pearson correlation (r). A p-value level of less than 0.05 was the criterion for the statistical significance in the study.

Results: Table 1 identifies the demographic data of the sample. Systolic blood pressure, heart rate, and respiratory rate statistically significantly decreased post the EBP intervention (see Table 2). Both the patients and designated family members Likert scale rating (1-10) of fear statistically significantly decreased post the EBP intervention (see Table 3).

## **Implications for Practice**

Results of this study could be used to show how nurses significantly and positively influence pre-operatively in the well-being of patients and designated family members. By using the checklist the circulating nurses should have adequate knowledge, skills and a positive attitude to be able to help patients and family members to move forward on the journey through surgery.

AORN Guidelines For Perioperative Practice (2017 Edition). Guideline Complementary Care Intervention 455-467.

# **Contact Information**

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### Methods

MAGNET RECOGNIZED

AMERICAN NURSES CREDENTIALING CENTER

## Results

### References

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