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Costas T. Lambrew Research Retreat 2022

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4-25-2022

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Recommended Citation

Kaonga, Nadi Nina; Brandes, Mary; and Foust-Wright, Caroline, "Pre-operative anxiety related to major urogynecologicsurgery" (2022). *Costas T. Lambrew Research Retreat 2022*. 11.
<https://knowledgeconnection.mainehealth.org/lambrew-retreat-2022/11>

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A “failed” attempt to identify factors predictive of pre-operative anxiety.

Pre-operative anxiety related to major urogynecologic surgery

Nadi Kaonga, Yanghee Courbron, Emily Holmgren, Whitney Williams, BethAnn Booker, Mary Brandes, Caroline Foust-Wright

Introduction

- Higher levels of pre-operative anxiety are associated with adverse outcomes¹⁻³ (e.g., delayed recovery, higher post-op pain levels)
- Most evidence arose from cardiothoracic and orthopedic literature (on emergent surgeries) and there is opportunity to further understand perioperative anxiety and elective/quality of life surgeries [within gynecology]⁴

Objective

- To develop a predictive model for elevated pre-operative anxiety in patients undergoing major urogynecologic surgery

Methods

- Population: Adult patients of Maine Medical Partners' Division of Female Pelvic Medicine and Reconstructive Surgery
- Data collection:
 - Pre- and post-operative surveys with closed and open-ended questions
 - Use of the Amsterdam Pre-Operative Anxiety and Information Scale (APAIS)
 - Chart abstraction
- Data analysis:
 - R: descriptive statistics, Wilcoxon rank sum test, univariate analyses
 - Qualitative: thematic analyses

Results

- # Participants enrolled: 54
- Median age: 62yo
- Employed: 60.7%
- Prior mental health condition: 33.9%
- Prior surgery: 94%
- APAIS range: 9-40
 - Median score: 24 [9, 29.75]
 - Highest values were for (1) patients wanting to know about the procedure and (2) Post-operative period and (3) worried about post-operative period
 - % Participants with score in highest tertile: 25%
- No change in median score over time
- No factors associated with elevated score

Discussion

- Despite no statistical association, study provided opportunity to better understand our patient population's perioperative anxiety, especially related to the procedure and recovery
- Next steps: targeted anxiety reduction strategies (e.g., booklets, online portal/resources, meditation)
- Limitations: long recruitment period, enrollment bias, homogeneous population

APAIS

	Strongly disagree	Moderately disagree	Neither agree nor disagree	Moderately agree	Strongly agree
I am worried about the anesthesia.	1	2	3	4	5
The anesthesia is constantly on my mind.	1	2	3	4	5
I would like to know as much as possible about the anesthesia.	1	2	3	4	5
I am worried about the procedure.	1	2	3	4	5
The procedure is constantly on my mind.	1	2	3	4	5
I would like to know as much as possible about the procedure.	1	2	3	4	5
I am worried about the post-operative period.	1	2	3	4	5
The post-operative period is constantly on my mind.	1	2	3	4	5
I would like to know as much as possible about the post-operative period.	1	2	3	4	5



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