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## Pre-operative anxiety related to major urogynecologicsurgery

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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 outcomes<sup>1-3</sup> (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]<sup>4</sup>

# Objective

 To develop a predictive model for elevated preoperative 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: 62yoEmployed: 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

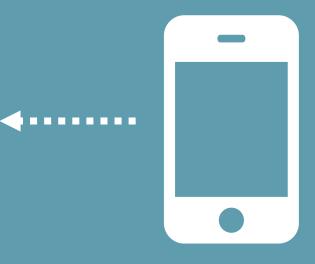
# Discussion

- 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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## RFERENCES

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