

A Descriptive Study to Assess the Pre-Operative Anxiety Level of the Patients Undergoing Surgery at Apollo Hospitals Bilaspur (C.G.)

Dr Jinto Mathew¹, Divya Chandra²

¹PhD in Mental Health Nursing and Professor in College Of Nursing Apollo Hospitals Bilaspur,

²Bsc Nursing 4th year Student in College Of Nursing Apollo Hospitals Bilaspur.

ABSTRACT

Anxiety can be measured in many ways it can be measure directly by measuring plasma cortical and urinary catecholamine , or indirectly by measuring blood pressure and pulse. "An evaluation of patient level of anxiety prior to surgery". The present study was conducted with the objective of A descriptive study to assess the preoperative anxiety level of the patient undergoing surgery and find out association pre anxiety level and demographic variable. The actual data collection by the random sampling technique was used for selection of samples the entire sample fare taken from hospitals. Variables from the study are age, sex, gender, religion , educational status, residence and income, the details and income that tool comprised of personal information causes management general factors . The data was gathered and analysed by calculating mean standard deviation 't' test was used to find out the significance of certain variables and over was calculated for check the reliability of the study findings. We found there are significance association between and demographic variable such as agent residence.

Keyword: PREOPERATIVE, ANXIETY, SURGERY, PATIENTS

INTRODUCTION

"Life is a not a race but a Journey to be sourced each step of the way. So smile and let the sunshine through for there's someone, somewhere watching over you".

Phil Chave

Anxiety is described as a vague, uneasy feeling the source of which is often nonspecific and unknown to the individual but known to cause abnormal hemodynamic as a consequence sympathetic, parasympathetic and endocrine stimulation. The pre operative period is well known to be anxiety provoking for most patience scheduled for surgery and is still a major problem, although surgical techniques have been improving and become much safer. The incidence of preoperative anxiety varies according to the setting of surgery. It is around 60%-80% in the western population. The assessment of anxiety is important, because the response to anesthesia and analgesia in anxious patients is different when compared with non-anxious patients. Patients with extreme preoperative anxiety, for example, tend to require larger doses of induction agents and analgesics and tend to have longer hospital stays. A mental disorder or illness is a psychological or behavioral pattern that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal. The aim of the study is to promote its prevention, treatment, cure of anxiety depression, OCD, and improve the patient condition

and their knowledge, practice and re-search anxiety response to maintain homeostatic balance is determined by a person age, physical condition and the duration of the anxiety. and type A behavior in patients with pre-operative procedure. This is seen among people who are highly responsive to external stimulation. Usually, people in this group are greatly influenced by the information that is given to them. Information same to have a position influence on these people. Potential dangers, how dangers are overcome, and protective factors help the patients group realities overcome worry. Some patients may become so nervous and apprehensive that they cannot understand or follow simple instruction. Some may be so aggressive demanding that they require constant attention of the nursing staff during the nursing care. Effective identification of pre operative anxiety helps to reduce the serious side effect, such as a hangover effect post surgery.

OBJECTIVES

- To assess the pre-operative anxiety level of the patient undergoing surgery at **Apollo Hospitals Bilaspur (CG)**
- To find out association between pre-operative anxiety level and demographic variable between pre-operative anxiety level and demographic variables.

RESEARCH METHODOLOGY

It is the defines what the activity of research is, how to proceed, how to measure progress and what constitute success. The methodological decisions have crucial implication for validity and credibility of the study findings. Methodology of research indicate the general pattern for organising the procedure for empirical study together with the method of obtaining valid and reliable data for an investigation. "This chapter deal with methodology adapted for accessing the pre-operative anxiety level of the patient. It include description of research approach, research design, identification of the target and accessible population, setting of the study, sample size and sampling technique, development of data collection tools reliability and validity of tools and questionnaire procedure for data collection and plan for data analysis.

Study design - **Descriptive research** design was used in our study.

Study location - **Apollo hospitals Bilaspur (C.G.)**

Sample size - In this study the sample size were 30 patients undergoing surgery at **Apollo Hospitals Bilaspur**.

Sampling technique - convenient sample entails the selection of most readily available individuals as subject in the study.

Data collection procedure:- Descriptive research design was used in our study. A pre operative anxiety level was conducted by means of structured questioner. A quantitative approach was used to assess the pre operative anxiety level of the patient undergoing surgery at **Apollo Hospitals Bilaspur**. Because of adequate number of rural area Bilaspur authorities were cooperative and given permission to conduct study. The sample size is 30 patients undergoing surgery at **Apollo Hospitals Bilaspur** and uses convenient sampling technique was used to select sample. The tool has developed after updating the theoretical knowledge regarding of preoperative anxiety and guidance from the expert along with review of literature helped in developing the tool necessary for the study. accessible population and sample size. "A pilot study is a miniature of the main study." The pilot study was conducted in **Apollo Hospitals Bilaspur** on 07 December 2023 as per laid down criteria 6 samples were selected **Apollo Hospitals**

Bilaspur for pilot study. The major finding of the pilot study was analyzed. The result are 30.34% Patients were belongs to 45-50% years of age group and 68.64% were male, 100% patients are belongs to rural area and they all were Hindu, they all were admitted in hospital and their family income was between 3000-20000 rupees mean Anxiety score of the patients are 15, SD value was 2.03 and 't' value is 1.82 and 'p' value is 0.809. Their is significant association between demographic variables residence, income. The pilot study helped the investigators to visualize practical problems that could be encountered while conducting the main study. It also gave an insight into the actual process of data collection and analysis. The samples that were included in the pilot study was excluded in the main study.

ASSESSMENT OF PREPERATIVE ANXIETY LEVEL-

Assessment of the anxiety level. score	Score range	Range	Frequency	Percentage
Mild	0-15	0-25	0	0
Moderate	16-30	26-50	0	30
Severe	31-45	51-75	20	66.6
Pani	46-60	76-100	1	3.4
Maximum score		60		
Minimum score		16		
Mean score		35.53		

DISTRIVUTION OF SUBJECT IN ACCORDING TO THEIR DEMOGRAPHIC VARIABLES:-

Demographic Variables	Frequency	Percentage (%)
AGE IN YEARS		
18-19	1	3.3
24-28	3	10
29-33	2	6.6
34-40	24	80
GENDER		
Male	16	53.4
Female	17	46.6
RESIDENCE		
Rural	10	33.3
Urban	20	66.6
Semi urban	0	0
RELIGION		
Hindu	26	86.8
Christian	02	6.6
Muslim	02	6.5
Other	00	00
EDUCATIONAL		

Primary	10	33
Secondary	05	16.4
Higher secondary	05	6.6
Graduation	10	6.5
INCOME		
5000-10000	11	36.6
20100-50,000	15	50
50100-55,000	02	6.7
55,000-and above	02	6.7

Conclusions

After the detailed analysis, the study leads to the following conclusion. The most patient have anxiety before going to surgery, 66.6% have severe anxiety. The questionnaire is applied mean score is 33.53, maximum score is 60 and minimum score is 16.

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