



Service Priorities and Programmes Electronic Presentations

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Introduction of an audio visual information program preoperatively to lower patient's anxiety level in Surgical High Dependency unit of Prince of Wales Hospital

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Introduction

Perioperative anxiety is a prevalent problem that can have far-reaching effects, particularly on patients requiring high dependency units in post operative stage. Many discussions revealed stress is either directly or indirectly linked to the length of post operative recovery. It is reasonable for patients to feel anxious when they have no idea of the post operative unit. The purpose of this study is to evaluate the effectiveness of the introduction of an audio visual information program preoperatively to lower patient's anxiety level. This tailor-made orientation video of High Dependency Unit gives patients the information that they need in an easy and understandable way.

Objectives

(1) promoting better services and knowledge to our patients and their relatives, (2) acting as a multimedia guide to facilitate patients and their relatives to understand the environment and operations of high dependency unit and (3) lowering patient's anxiety level preoperatively.

Methodology

A tailor-made orientation video program is introduced to surgical patients of various ages since 2015 and this pilot study was launched from September 2015 to January of 2016. Patients are recruited from 3 general surgical wards in the Prince of Wales Hospital, who will undergo different scheduled surgeries. They will all be arranged to surgical high dependency unit (HDU) for after care. These patients were directed to HDU one day before the surgery and would be given this video session. A self-evaluation questionnaire is taken by individual patients at the end of the session.

Result

There are 85 patients who met the inclusion criteria are invited to participate in the study in 2015 - 2016. More than 99% of patients showed more familiar to ward environment and operations and over 95% of them could reduce surgery related anxiety (Wilcoxon Signed Ranks Test for pre and post questions, $p < 0.001$). In conclusion, participants have affirmative response that the HDU orientation program

contains detailed and useful information which allowing them to be well informed of the post operative environment, thus help alleviating surgery related anxiety. They feel more comforting and gain more confidence towards our care and services provided.