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A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG PATIENTS UNDERGOING SURGERY AT ERA MEDICAL COLLEGE & HOSPITAL LUCKNOW IN VIEW OF DEVELOPING AN INFORMATION BOOKLET

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ABSTRACT

Background: Preoperative anxiety, is a common reaction experienced by patients who are admitted to a hospital for surgery. It can be described as an unpleasant state of tension or uneasiness that results from a patient's doubts or fears before an operation. During the pre-operation period, surgical candidates experience situations that stimulate psychological anxiety leading to stress during and after surgery which is known as preoperative anxiety. Methodology: In this study descriptive research approach was used to assess the level of anxiety among the patients undergoing surgery to develop an information booklet. This study was conducted using descriptive research approach at Era Hospital, Lucknow. The total sample size was 45 samples selected by non-probability convenient sampling technique. The data was collected by administering structured knowledge questionnaire. The tool consisted of 07 questions of socio demographic variables, self-structured anxiety scale which consists of 40 items related to various aspects of anxiety in the pre operative patients.Result: The data obtained are tabulated and analyzed by using descriptive and inferential statistics. The statistical analysis of sample 28.8% patients having mild anxiety, 37.7% having moderate anxiety and 33.3% having severe anxiety. Conclusion: Thus, it is evident from the study findings that 37.7% had moderate anxiety and 33.3% had severe anxiety. It shows the majority of the sample had moderate anxiety before undergoing surgery.

Keywords: Pre operative patients, Mild anxiety, Moderate anxiety, Severe anxiety.

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INTRODUCTION

Preoperative anxiety is a challenging issue in patient awaiting surgical procedures. Stress in preoperative patients is widely accepted as an expected response. Preoperative anxiety may be Associate with abnormal hemodynamic as a consequence of sympathetic, parasympathetic and endocrine stimulation.

As per literature, overall incidence of anxiety is around 60- 90% in western population and it varies with different surgical groups. Incidence of preoperative anxiety among Indian population is not known yet. Assessment of anxiety is important among preoperative patients as level of anxiety and patient's fear can complicate management of anesthesia and postoperative period.

The degree to which each patient manifests anxiety depends on many factors. These include age, gender, education, type of surgery, previous surgical experience, and personal susceptibility to stressful situation. For prevention of preoperative anxiety there is a need to identify the causative factors in our local population to design appropriate management plan for better patient satisfaction.

Preoperative anxiety comprises both fear of surgery and fear related to anesthesia. Few studies have addressed the question whether patients are more anxious about surgery or anesthesia. While two studies reported more patients to have fears related to the aesthetic other studies found higher average levels of fear related to surgery. In addition to these inconsistent results, there is to date no information about the spectrum of anxiety levels about surgery and anesthesia in individual patients.

OBJECTIVES OF THE STUDY

1. To assess the anxiety level among patients undergoing surgery.
2. To associate the anxiety level with selected demographic variables.

RESEARCH METHODOLOGY

In this study descriptive research approach was used to assess the level of anxiety in the 45 pre operative patients. The study was conducted in pre operative wards ward of Era Hospital, Lucknow. Non- probability convenient sampling technique was used in present study for selecting patients for the samples. The tool consisted of self- structured tool which has 2 sections.

Section A- There is Socio demographic variables tool consist of 07 questions such as Age, Gender, Religion, Marital status, Length of stay in the hospital, Education, Occupation of

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which the patient.

Section B- Self structured anxiety scale which consists of 40 items related to different aspects regarding anxiety, physical symptoms, psychological status before surgery. The total score range was 0-5 were classified into 0-1 mild, 2-3 moderate and 4-5 severe category.

Content validity of tool was done by 05 experts in the field of mental health field nursing.

DATA COLLECTION PROCESS

The data collection procedure includes the following phase-

Phase 1: The formal written permission was received from the principles of Era college of nursing after the explaining the benefits of assess the level of anxiety among the preoperative patients.

Phase 2: The data was collected in Era college and hospital Lucknow. The researcher obtained written consent from the participants, after explaining the benefits of this study, using non probability purposive sampling technique. Data was collected from 45 pre operative patients for the main study on date 20th September 2023.

Data analysis was done by using descriptive and inferential statistics.

RESULTS

The data was analyzed and interpreted according to the objectives of the study by using descriptive and inferential statistics.

The data collected were organized under the following sections;

Section 1: Demographic variables of selected sample.

Section 2: Find out the level of anxiety among preoperative patients.

Section 3: To find out the association between the level of anxiety with selected demographic variables.

1. Demographic variables of selected samples-

Table 1 reveals, most of the patients were between 30-45 years of age 48.8%. most of the patients are female 51.1%. most of patients were Hindu 62.2%. All of the patients are length of stay in hospital less than 6 months 100%, the majority of patients were illiterate 33.3%. most of the patients are married 84.4%. the majority of patients were self-employed 86.6%.

2. Find out the level of anxiety among preoperative patients.

Table 2 reveals that in this study findings shows that 28.8% patients having mild anxiety,

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37.7% having moderate anxiety and 33.3% having severe anxiety.

3. To find out the association between the level of anxiety with selected demographic variables.

Table 3 reveals that there is significant association between the anxiety level and age, Gender, Religion, Education and the Occupation of the patient.

This table also states that there is no significant association between the anxiety level and Length of stay in hospital and Marital status of the patient.

TABLE 1- DEMOGRAPHICAL VARIBLES OF THE PATIENT

N=45

DEMOGRAPHICAL VARIABLES		FREQUENCY	PERCENTAGE (%)
1. Age (In Years)	20-25	08	3.6
	25-30	11	4.95
	30-45	22	48.8
	45-55	04	1.8
2. Gender	Male	22	48.8
	Female	23	51.1
3. Religion	Hinduism	28	62.2
	Muslim	17	37.7
	Christian	0	0
4. Marital status	Married	38	84.4
	Unmarried	06	13.3
	Divorced	0	0
	Widow/ Widower	1	2.2

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5. Length of stay in hospital	**Less than 6 Months** **6 Months- 1 Years** **More than 2 Years**	**45** **0** **0**	**100** **0** **0**
6. Education	**Illiterate** **Primary Education** **Secondary Education** **Higher Secondary** **Graduation and above**	**15** **11** **08** **0** **11**	**33.3** **24.4** **17.7** **0** **24.4**
7. Occupation	**Self- Employed** **Govt- Employed** **Pvt- Employed**	**39** **0** **6**	**86.6** **0** **13.3**

TABLE 2- LEVEL OF ANXIETY AMONG PREOPERATIVE PATIENTS.

MILD	MODERATE	SEVERE
28.8%	**37.7%**	**33.3%**

TABLE 3- ASSOCIATION BETWEEN THE LEVEL OF ANXIETY WITH SELECTED DEMOGRAPHIC VARIABLES.

Demographic variables		Mild		Moderate		Severe		Chi-Square value	Table Value	Level of significance
		F	%	F	%	F	%	99.27	2.26	Significant
Age	**20-25**	3	6.6	1	2.2	3	6.6			
	25-30	3	6.6	3	6.6	5	11.1			
	30-45	2	4.4	13	28.8	7	15.5			
	45-55	0	0	1	2.2	3	6.6			

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Gender	**Male**	6	13.3	6	13.3	10	22.2	25.46	12.706	Significant
	Female	5	11.1	10	22.2	8	17.7			
Religion	**Hinduism**	7	15.5	9	20	11	24.4	16.98	2.776	Significant
	Muslim	4	8.8	8	17.7	6	13.3			
	Christian	0	0	0	0	0	0			
Marial status	**Married**	5	11.1	14	31.1	15	33.3	11.56	99.27	Non-significant
	Unmarried	6	13.3	2	4.4	2	4.4			
	Divorced	0	0	0	0	0	0			
	Widow\widower	0	0	1	2.2	0	0			
Length of stay in hospital	**Less than 6 months**	13	28.8	17	37.7	15	33.3	24.49	2.776	Non-significant
	6 months- 1 Year	0	0	0	0	0	0			
	More than 2 years	0	0	0	0	0	0			
Education	**Illiterate**	3	6.6	7	15.5	4	8	23.54	2.776	Significant
	Primary Education	1	2.2	8	17.7	4	8.8			
	Secondary Education	4	8.8	0	0	3	6.6			
	Higher Secondary	0	0	0	0	0	0			
	Graduation and above	5	11.1	2	4.4	4	8.8			

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Occupation	**Self employed**	10	22.2	15	33.3	14	31.1	110.6	2.776	Significant
	Govt employed	0	0	0	0	0	0			
	Private employed	3	6.6	2	4.4	1	2.2			

CONCLUSION

Thus, it is evident from the study findings that there is significant association between the anxiety level and age of the preoperative patients. In this research anxiety level among pre operative patients. Anxiety affects the patient health and general condition. The study concluded that that 28.8% patients having mild anxiety, 37.7% had moderate anxiety and 33.3% had severe anxiety.it shows the majority of the sample had moderate anxiety before undergoing surgery. Assessment of anxiety is important among preoperative patients as level of anxiety and patient's fear can complicate management of anesthesia and postoperative period. The degree to which each patient manifests anxiety depends on many factors. For prevention of preoperative anxiety there is a need to identify the causative factors in our local population to design appropriate management plan for better patient satisfaction. The anesthesiologist's preoperative visit should also be relevant to patient's concerns to help them cope up with the fear and anxiety in addition to clinical evaluation.

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