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# The Circulating Nurse's Role in Decreasing Fear to Patient and Designated Family Member Prior to a Surgery Under Anesthesia

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## Background

- Patients and family members who undergo surgery experience fear and anxiety prior to their surgical procedure.
- Fear is an emotion specific to a danger source (surgery under anesthesia).
- Guidelines for perioperative practice by the Association of PeriOperative Registered Nurses 2016 suggest that circulating nurses should help patients and family members decrease fear of surgery.
- By decreasing fear, circulating nurses can successfully prepare patients and their family members for surgery.

## Purpose

The goal of this evaluation research study is to assess the perceptions of patients' and caregivers' fear of having surgery under general anesthesia pre/post the implementation of an evidence-based emotional support checklist.

## Evidence-based Emotional Support Surgical Checklist

Literature reviews have identified areas where empathy, active listening, good communication and emotional support are decreasing fear in patient and family members, for this reason they have all been implemented in the checklist used in this study (Figure 1).

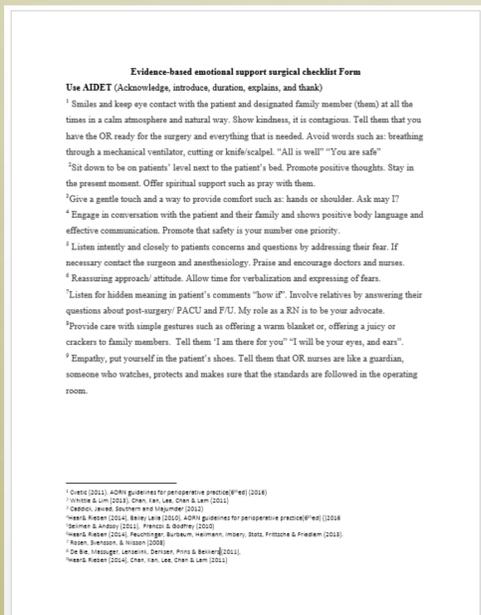


Figure 1: Evidence-based emotional support surgical checklist

## Methods

- Researcher-developed questionnaires pre and post interview will include 75 patient and their 75 designated family members' demographic personal information about decreasing fear of having surgery after implementing an evidence-based emotional support checklist.
- This evaluation research study is using a quasi-experimental pre/post single group design enabling information about perceptions of fear by the patient and his/her caregiver to be collected using a researcher-developed questionnaire (Figures 2 & 3).
- Patients' and their designated family members' responses will be compared with a score (1- 10) on the pre and post questionnaire that will be given related to an evidence-based emotional support checklist used by the circulating nurses.

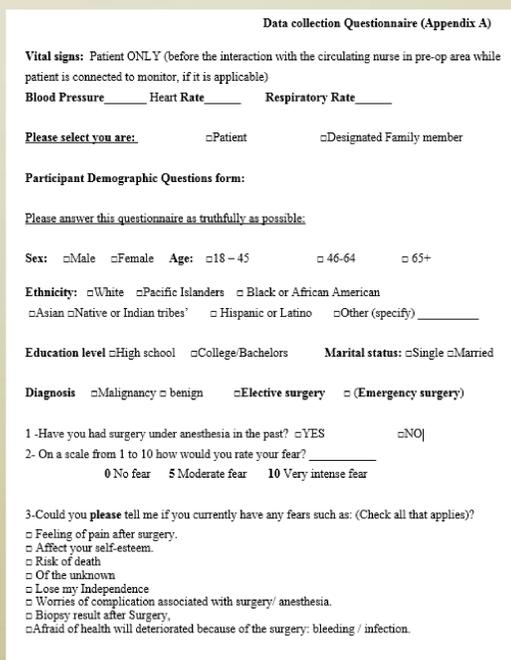


Figure 2: Researcher-developed questionnaire page 1

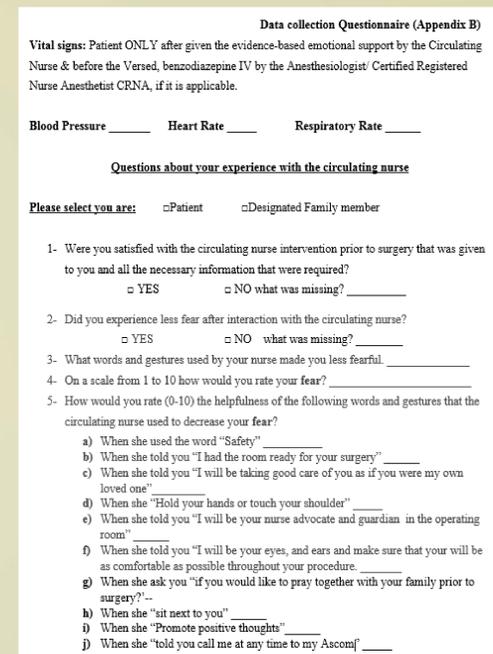


Figure 3: Researcher-developed questionnaire page 2

## Results

Pending data collection with an expected completion by July, 2017.

## Implications for Practice

- Results of this study could be used show how nurses significantly and positively influence pre-operatively in the well-being of patients and designed family members.
- By using the checklist the circulating nurses should have adequate knowledge, skills and a positive attitude to be able to help patients and family member to move forward on the journey through surgery.

## References

AORN Guidelines For Perioperative Practice (2016 Edition). Guideline Complementary Care Intervention 455-467.

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