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Techniques to Reduce Pre-procedure Anxiety for School-Aged Children

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Background

- Nearly 50% of children and adolescents who undergo surgery each year experience fear and anxiety during the perioperative period.
- High anxiety levels in children are associated with increased pain, nightmares, and separation anxiety (Esteves, et al., 2022).
- Children with high levels of preoperative anxiety require more anesthesia, higher analgesic doses, experience delays in entry to operative rooms, and prolonged stays in recovery areas.
- Preoperative anxiety can increase healthcare burden and cost (Chow, et al., 2017).

PICOT

What are the best practices to reduce pre-operative anxiety in school aged and adolescent children receiving anesthesia?

Methods

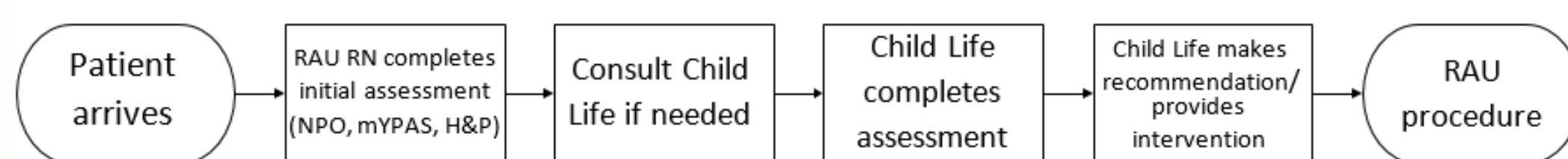
- Assessment of the current state within perioperative services
- Collaborated with the inter-professional team to analyze current strengths and weakness
- Appraised and assessed nineteen research articles

Findings

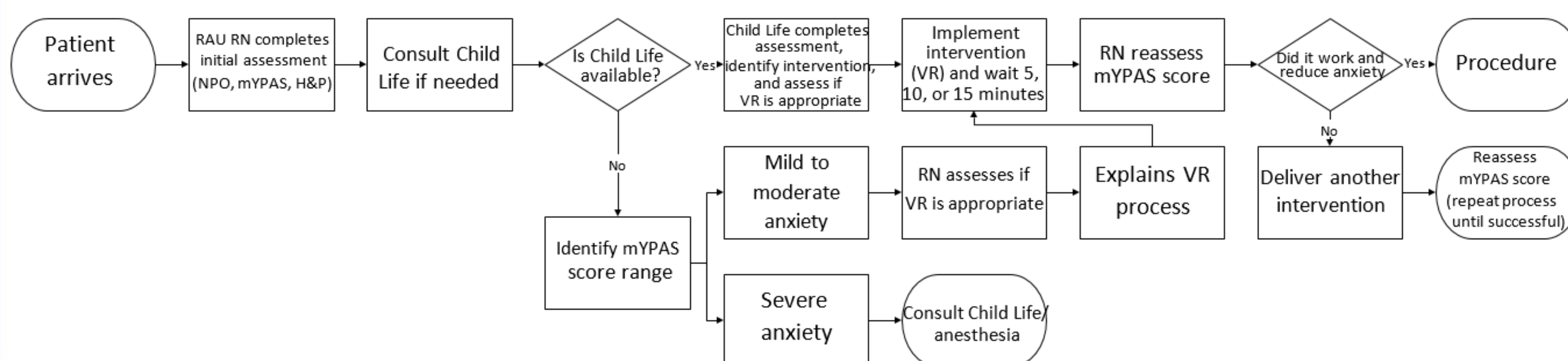
- Standardized tool to assess pre-operative anxiety before and after interventions
- Family-centered education on interventions to reduce pre-operative anxiety at the induction of anesthesia is highly effective in reducing anxiety and pain (Esteves, et al., 2022).
- Available distraction-based conventional, video games minimizes pediatric procedural pain and caregiver anxiety (Sajeev, et al., 2021).
- VR is safe and effective in reducing anxiety, promoting relaxation, and overall positive affect in the pre-op period (Esposito, et al., 2022).
- Children's Health assesses pre-operative anxiety using mYPAS, they also utilize VR in other fields, but have a hard time integrating both consistently
- Current practices place an emphasis on Child Life teams visiting toddler and pre-school aged children.

children'shealth[®] Radiology Anesthesia Unit Process Map for Preprocedural Anxiety

Current Process



VR Process



Clinical Recommendations

- Data driven decisions to reduce pre-operative anxiety
- Empower nurses to implement virtual reality in current practices
- Identifying and acknowledging barriers
- Create and implement developmentally appropriate VR programs

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