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PURPOSE OF EBP PROJECT

The purpose of this evidence-based practice project was to identify the best evidence for assessing and managing preoperative anxiety in pediatric patients undergoing surgical procedures and to examine CHOA's current care standards for practice incongruities.

Specific Aim # 1

1. Summarize causes measurement methods and interventions to assess and manage preoperative anxiety in pediatric patients.

Outcome measurement: Conduct a literature review on children's anxiety in a preoperative surgical setting including a definition of anxiety, causes, the various ways to objectively neasure anxiety, as well as evidence based interventions to manage anxiety.

SEARCH STRATEGY

The literature was searched via PubMed and utilized key search terms such as pediatric preoperative anxiety and pediatric preoperative anxiety assessment yielding 277 articles. Inclusion/exclusion Criteria were established: Midazolam or parental presence at anesthesia induction (PPIA) and anxiety measurement calculation. American Society Anesthesiologists (ASA) physical status classification of 1 or 2 yielded 20 high quality articles for review.



Assessing and Managing Preoperative Anxiety in Pediatric Patients **Undergoing Outpatient Surgical Procedures- A Program Evaluation**

Modified Yale Preoperative Anxiety Scale





Results: Anxiety Management Scottish Rite Day Surery



Results: Anxiety Management Egleston Day Surgery

Consider Midazolam as first line therapy for preoperative anxiety.

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Identification of Themes

3. Recommend evidence based interventions to system leaders for assessing and managing preoperative anxiety in pediatric patients.

Outcome Measurement Conduct an educational in-service for one outpatient staff and for CHOA system leaders. Communicate literature review findings and site observations.

Implications for Practice

Use PPIA as adjunctive therapy when/ where appropriate.

Adopt the use of the mYPAS as an anxiety measurement tool system wide.