

# Contributing factors for preoperative caregiver anxiety at Steve Biko Academic Hospital.

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## Background

- Caregiver anxiety may significantly contribute to the child's emotional state and level of anxiety perioperatively.
- Identification of both contributing and relieving factors to caregiver anxiety may help reduce negative perioperative outcomes.
- The objectives were to determine the relationship between caregiver anxiety and socio-demographic characteristics and to identify possible contributing and relieving factors.

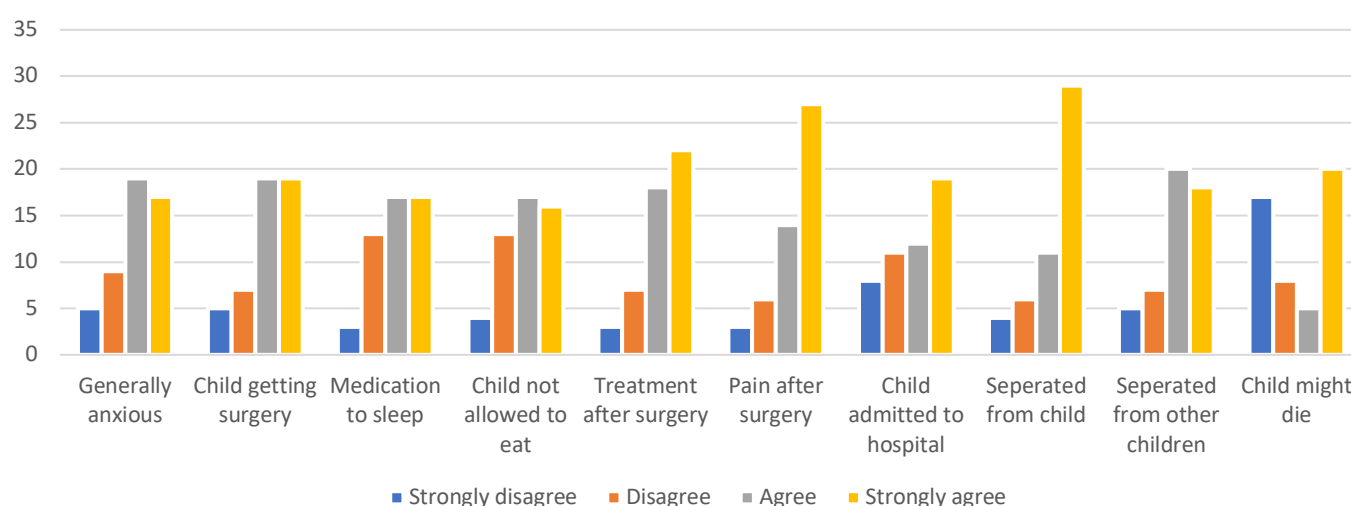
## Methods

- This was a cross sectional study conducted in the paediatric surgical wards at Steve Biko Academic Hospital (SBAH).
- Caregivers of children booked for elective surgery at SBAH were approached to complete a questionnaire. All children younger than 13 years, accompanied by their caregivers, were approached.
- The questionnaire consisted of three parts, part 1 included demographic information, part 2 assessed possible factors that could contribute to anxiety and part 3, possible alleviating factors to anxiety.
- Descriptive statistics consisted of means, standard deviations, frequencies and proportions. A Chi-square test and logistic regression assessed association between anxiety and socio-demographic characteristics, contributing factors and relieving factors. All tests were performed at a 5% level of significance.

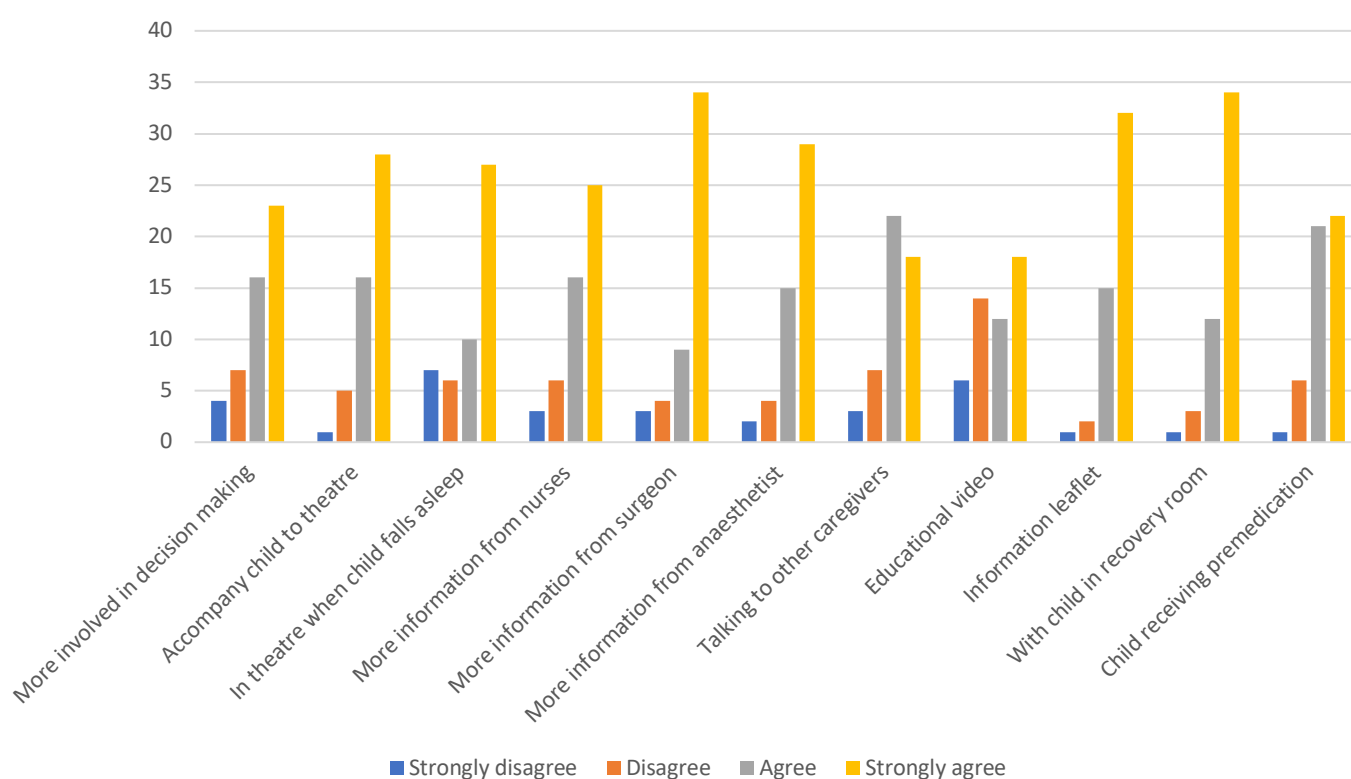
## Results

- Of the 50 caregivers who completed the questionnaire, 38 (76%) were found to be anxious with mean scores of 30,06 (95% CI 28,32-31,80) out of a maximum of 40.
- There was no statistically significant association between demographic data collected and anxiety.
- There were 36 (72%) of caregivers who considered themselves to be generally anxious. A total of 41 (82%) caregivers were concerned about post-operative pain while 40 (80%) caregivers indicated that being separated from their children contributed to their anxiety.
- Being more involved in decision making ( $p=0,007$ ) and receiving more information from both the surgeon ( $p=0,048$ ) and the anaesthetist ( $p=0,024$ ) before surgery were considered statistically significant relieving factors of anxiety.

FACTORS CONTRIBUTING TO CAREGIVER ANXIETY



FACTORS RELIEVING CAREGIVER ANXIETY



	Non-anxious caregiver n=12 (%)	Anxious caregiver n=38 (%)	p-value
More involved in decision making	6(50%)	33(87%)	<b>0,007</b>
Accompany child to theatre	9(75%)	35(92%)	0,141
In theatre when child falls asleep	7(58%)	30(79%)	0,156
More information from nurses	8(67%)	33(87%)	0,191
More information from surgeon	8(67%)	35(92%)	<b>0,048</b>
More information from anaesthetist	8(67%)	36(95%)	<b>0,024</b>
Talking to other caregivers	8(67%)	32(84%)	0,225
Educational video	5(42%)	25(66%)	0,137
Information leaflet	10(83%)	37(97%)	0,139
With child in recovery room	10(92%)	35(92%)	1
Child receiving premedication	9(75%)	34(89%)	0,337

## Conclusion

- Caregivers in our population were anxious.
- The possibility of postoperative pain and being separated from their children contributed most to caregiver anxiety.
- Involving caregivers in the decisions regarding surgery for their children and giving them more information regarding their surgery, might improve children's perioperative anxiety, decrease morbidity and improve overall satisfaction.
- The information obtained in this study can be used to implement interventions to reduce caregiver anxiety in our population.