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## Determination of level of anxiety and depression of patients hospitalized in surgery clinics

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**Aims and Objectives:** Objective of this descriptive and cross-sectional study is determination of level of anxiety and depression of the patients hospitalized in surgery clinics and the factors which may be associated.

**Background:** It has been reported in the literature that, almost all patients who are hospitalized to undergo to an operation experience negative feelings and thoughts such as anxiety and depression. Nonetheless, it is known that if signs of anxiety and depression are not severe, they are not taken into consideration by healthcare professionals. This, in turn, influences recovery of a patient negatively.

**Methods:** Sample of the study was comprised of 774 patients who were hospitalized in surgery clinics of a university, a Ministry of Health hospital within the same city between the dates February 2015 and September 2015. Data were collected via a one-part questionnaire and "Hospital Anxiety and Depression Scale". For evaluation of the data; mean, standard deviation, count, percentage, Kruskal-Wallis, Independent-Sample T test and One-Way ANOVA test were used.

**Results:** Of the patients; the youngest was at 18, the oldest was at 95 and the mean age was  $54.81 \pm 17.77$ ; they were hospitalized for at least 1, at most 150, Median: 8.31, 1R: 6 days. Of the patients; 54% were male, 50.3% were primary school graduate and 35.3% were housewives. 93.8% of the patients had social security. Of the patients; 76.7% expressed that their economical statuses were moderate, 55.8% declared that they had been hospitalized for a mean of 1-5 days, 84.4% expressed that they had been trained for their illnesses and 91.7% expressed that they were satisfied with the nursing care. The patients were determined to take a mean of  $7.96 \pm 4.27$  points from Hospital Anxiety Scale and a mean of  $7.95 \pm 4.47$  points from Hospital Depression Scale. Level of anxiety of housewives was determined to be high. The patients who were not literate, at advanced age group, had been hospitalized for a long period, had a chronic disease, had not been informed about their diseases, and were unsatisfied from the nursing care were determined to be more depressive. Levels of both anxiety and depression of the patients whose economical status was low and who did not have social security were determined to be higher.

**Conclusion:** Although general levels of anxiety of the patients were below the scale cut-off point, the levels of depression were found to be slightly above the cut-off point. It is recommended for the nurses to inform their patients about their illnesses and to perform their assessments concerning the signs of anxiety and depression more precisely while providing care for physiological needs of the patients.

## Biography

Fadime Gok worked as a clinician and manager nurse for about 15 years. I started my academic studies at Ege University and I have been studying doctoral education at the Ege University since than 2013. Nearly 3 mounth, I am collecting data of doctoral thesis. At the same time, I am working Pamukkale University Faculty of Health Science, Nursing Department (Surgical Diseases of Nursing) as a Lecturer. I have more than ten published papers in different journals.

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