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The importance of nursing counseling to manage preoperative stress

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Introduction: All preoperative patients who undergo planned surgical interventions with anesthesia are associated with high levels of fear and stress, which are then followed with the feeling of insecurity, fear, anger and loss of trust. The lack and not the proper information of preoperative patients is associated and increased fear and loss of confidence, which later on affect pre-intra and postoperative complications.

Purpose and Objectives: This research aims to understand the overall concerns that have patients aged 11-14 years associated with their illness, the knowledge they have about their disease, the success of the operation, the importance of staying close to family, the importance of staff behavior to patient, trust that they have at the nurse staff, etc. In addition, this study was aimed to research how much our nurses are competent to communicate with patients regarding their concerns in the pre op stage .

Methodology and Results: Data Collection was realized through questionnaire containing 27 questions, all closed. They measure 10 key dimensions that relate to disease, pain, death, injections, anesthesia, operation, operating room, stay in hospital and interpersonal relationships. Using random sampling, 186 subjects were recruited at the University Clinical Centre of Kosovo. Of these, 46.4% were girls and 53.5% boys. Given that the questionnaire is dedicated to the adolescent age group only, criterion for inclusion in the research was the age of the subjects from 11 to 14 years. The largest number of subjects (30.3%) belongs to the age group of 12 years, while 14-year age group has the lowest number of participants (16.8%). Following the technique of random sampling, children were divided into two groups, those who received the intervention and those who did not accept.

Conclusions: Health education plays a very large role in the preparation of the patient in the preoperative period and this is shown precisely during this research. Thus, none of the group of patients who underwent an educational intervention not feel very concerned, compared with about 50% of patients without educational intervention who feel very anxious. This is the best indicator of the need for application of health education to patients in the preoperative period.

Recommendations: health institutions in the Republic of Kosovo should invest more in professional development of nurses, including the health education of patients. The publication of relevant materials providing adequate patient- age and their joint discussion with patients should be one of the objectives of the future,

Key words: health education, communication, counseling, preoperative period, postoperative, etc.

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