

21st Global Nursing Education Conference

4th International Conference on

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Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

ACCEPTED ABSTRACTS

JOURNAL OF NURSING & CARE, VOLUME: 8 | DOI: 10.4172/2167-1168-C4-104

The circulating nurse's role in decreasing fear to a patient and designated family member prior to surgery under anesthesia

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Patients and families who undergo surgery experience fear and anxiety prior to their surgical procedure. Fear and anxiety although associated

have different characteristics.

Anxiety is the direct result of fear. Conversely, fear is an emotion to a specific danger source. Over time, this increased fear negatively affects a patient's health.

Literature reviews have identified emotional support as a tool to decrease fear. Research questions will help create an evidence-based emotional support surgical checklist assisting the circulating nurse in decreasing fear. In order to decrease the patients' levels of fear, circulator nurses may use an integrated approach. The method

included a prospective study of 75 patients and their designed family member's demographic and personal feelings about decreasing fear of having surgery; a pre/post-evidence-based emotional support checklist had been implemented. The implementation, the study could be used to gather accurate data. Nurses significantly and positively influence pre-operatively the well-being of patients and family/significant other.

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