Pre-operative anxiety related to major urogynecologic surgery

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A “failed” attempt to identify factors predictive of pre-operative anxiety.

Pre-operative anxiety related to major urogynecologic surgery
Nadi Kaonga, Yanghee Courbron, Emily Holmgren, Whitney Williams, BethAnn Booker, Mary Brandes, Caroline Foust-Wright

Introduction
• Higher levels of pre-operative anxiety are associated with adverse outcomes1-3 (e.g., delayed recovery, higher post-op pain levels)
• Most evidence arose from cardiothoracic and orthopedic literature (on emergent surgeries) and there is opportunity to further understand perioperative anxiety and elective/quality of life surgeries [within gynecology]4

Objective
• To develop a predictive model for elevated pre-operative anxiety in patients undergoing major urogynecologic surgery

Methods
• Population: Adult patients of Maine Medical Partners’ Division of Female Pelvic Medicine and Reconstructive Surgery
• Data collection:
  • Pre- and post-operative surveys with closed and open-ended questions
  • Use of the Amsterdam Pre-Operative Anxiety and Information Scale (APAIS)
  • Chart abstraction
• Data analysis:
  • R: descriptive statistics, Wilcoxon rank sum test, univariate analyses
  • Qualitative: thematic analyses

Results
• # Participants enrolled: 54
• Median age: 62yo
• Employed: 60.7%
• Prior mental health condition: 33.9%
• Prior surgery: 94%
• APAIS range: 9-40
  • Median score: 24 [9, 29.75]
  • Highest values were for (1) patients wanting to know about the procedure and (2) Post-operative period and (3) worried about post-operative period
  • % Participants with score in highest tertile: 25%
• No change in median score over time
• No factors associated with elevated score

Discussion
• Despite no statistical association, study provided opportunity to better understand our patient population’s perioperative anxiety, especially related to the procedure and recovery
• Next steps: targeted anxiety reduction strategies (e.g., booklets, online portal/resources, meditation)
• Limitations: long recruitment period, enrollment bias, homogeneous population

APAIS

<table>
<thead>
<tr>
<th>I am worried about the anesthesia.</th>
<th>Strongly disagree</th>
<th>Moderately disagree</th>
<th>Neither agree nor disagree</th>
<th>Moderately agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>The anesthesia is constantly on my mind.</td>
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<tr>
<td>I would like to know as much as possible about the anesthesia.</td>
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<tr>
<td>I am worried about the procedure.</td>
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<tr>
<td>The procedure is constantly on my mind.</td>
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<tr>
<td>I would like to know as much as possible about the procedure.</td>
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<tr>
<td>I am worried about the post-operative period.</td>
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<td>5</td>
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<tr>
<td>The post-operative period is constantly on my mind.</td>
<td>1</td>
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References