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ABSTRACT

This study, utilizing a quantitative research design, aimed to determine the effects of pre-operative instructional material to the anxiety levels of patients undergoing cardiac surgery.

The study population was comprised of 40 consecutive patients admitted for elective CABG or valve surgery at the Cardiology Department of Sheikh Khalifa Medical City between November 2015 and December 2015. There was no eligibility restriction in terms of age, gender, or cardiac condition and no classification of on- and off-pump procedures. The first 20 consecutive patients were considered as the control group and second 20 patients are considered as the experimental group. The level of anxiety was measured using the State Trait Anxiety Inventory Scale (STAI) along with the demographic data of the subjects. All statistical analyses were performed using IBM SPSS after encoding the data findings.

The results of the study revealed that there is a significant difference in level of anxiety before and after intervention measured using both State Anxiety Scale ($p=.000$) and Trait Anxiety Inventory Scale ($p=.007$) among participants of experimental group. It was also noted that there was no significant difference between the anxiety levels of the two groups in terms of the socio-demographic variables.

Keywords: Anxiety level, Pre-operative Instructional Material, Cardiac Surgery