The purpose of this evidence-based practice project was to identify the best evidence for assessing and managing preoperative anxiety in pediatric patients undergoing surgical procedures and to examine CHOA’s current care standards for practice incongruities.

Specific Aim # 1
1. Summarize causes, measurement methods and interventions to assess and manage preoperative anxiety in pediatric patients.

Results: Anxiety Management
Scottish Rite Day Surgery
- Modified Yale Preoperative Anxiety Scale
  - Measures anxiety in less than one minute across 5 domains:
    - Activity (4 choices)
    - Vocalizations (6 choices)
    - Emotional Expressivity (4 choices)
    - State of Apparent Arousal (4 choices)
    - Use of Parents (4 choices)

  Choose statement best describing child’s behavior to score the area. Domains equally weighted x 20

  Thresholds:
  - > 40 anxious
  - < 30 calm

Results: Anxiety Management
Egleston Day Surgery
- Modified Yale Preoperative Anxiety Scale
  - Measures anxiety in less than one minute across 5 domains:
    - Activity (4 choices)
    - Vocalizations (6 choices)
    - Emotional Expressivity (4 choices)
    - State of Apparent Arousal (4 choices)
    - Use of Parents (4 choices)

  Choose statement best describing child’s behavior to score the area. Domains equally weighted x 20

  Thresholds:
  - > 40 anxious
  - < 30 calm

Results: Anxiety Management
Satellite Boulevard Ambulatory Surgery
- Modified Yale Preoperative Anxiety Scale
  - Measures anxiety in less than one minute across 5 domains:
    - Activity (4 choices)
    - Vocalizations (6 choices)
    - Emotional Expressivity (4 choices)
    - State of Apparent Arousal (4 choices)
    - Use of Parents (4 choices)

  Choose statement best describing child’s behavior to score the area. Domains equally weighted x 20

  Thresholds:
  - > 40 anxious
  - < 30 calm

Results: Anxiety Management
Meridian Mark Ambulatory Surgery
- Modified Yale Preoperative Anxiety Scale
  - Measures anxiety in less than one minute across 5 domains:
    - Activity (4 choices)
    - Vocalizations (6 choices)
    - Emotional Expressivity (4 choices)
    - State of Apparent Arousal (4 choices)
    - Use of Parents (4 choices)

  Choose statement best describing child’s behavior to score the area. Domains equally weighted x 20

  Thresholds:
  - > 40 anxious
  - < 30 calm

Identification of Themes
- Comfortable at assessing and managing preoperative anxiety
- Uncomfortable at assessing and managing anxiety
- Believe Versed effective and under utilized
- Don’t like PPIA
- No experience with anxiety measurement tool

Specific Aim # 3
3. Recommend evidence based interventions to system leaders for assessing and managing preoperative anxiety in pediatric patients.

Implications for Practice
- Consider Midazolam as first line therapy for preoperative anxiety.
- Use PPIA as adjunctive therapy where appropriate.
- Adopt the use of the mYPAS as an anxiety measurement tool system wide.

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