

FEAR OF HOSPITALIZED SURGICAL PRE-OPERATIVE PATIENTS⁺

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Abstract:

A field study was carried in Baghdad Teaching Hospital in surgical floor, the study was performed from the beginning of November until the first of December 2002. The study aimed to identify the fear of preoperative surgical patients. The researcher chose (50) patients in the Hospital mentioned above. The data were gathered by interview teaching using questionnaire form formed for this purpose based on literatures and previous studies, the data was analyzed by application of frequently, percentage, T-test. The main finding were 100% of patients fear of pain, 84% of patients fear discomfort, 78% of patients fear of lost of part of the body organ, 66% of patients fear of anesthesia while the low percentage were 12% of patients fear of far from his/her family, 20% of patients fear of change in body image, 24% of patients fear of surgical instruments, 28% of patients fear of limitation in physical activities. Base of the result of the study the researcher recommended that to emphases on the physical and psychological preparation to surgical patients preoperatively.

المستخلص

اجريت هذه الدراسة الميدانية في مستشفى بغداد التعليمي في الطوابق الجراحية. بدأت الدراسة من الاول من تشرين الثاني الى الاول من كانون الاول ٢٠٠٢ لغرض التعرف على مخاوف المرضى الراقدين في المستشفى قبل العملية الجراحية. اختارت الباحثة (٥٠) مريض راقد في المستشفى السابقة الذكر ثم جمع المعلومات بواسطة المقابلة الشخصية واستخدام استمارة استبيان صممت لهذا الغرض استنادا الى الادبيات والدراسات السابقة. تم تحليل المعلومات بواسطة التكرارات والنسبة المئوية واختبار تي. من اهم النتائج تبين ما يلي: ١٠٠% من المرضى يخافون من الالم بعد العملية الجراحية، ٨٤% من المرضى يخافون من عدم الراحة، ٧٨% من المرضى يخافون من فقدان جزء من اعضاء جسمهم، ٦٦% من المرضى يخافون من التخدير. وان اقل نسبة من المرضى ١٢% من المرضى يخافون من البعد عن عوائلهم و ٢٠% من المرضى يخافون من تغيير الصورة الجسمية، ٢٤% من المرضى يخافون من الادوات الجراحية، ٢٨% من المرضى يخافون من تحديد في النشاطات الجسمية. واستنادا الى النتائج توصي الباحثة: تحضير المريض نفسيا وجسميا قبل اجراء العملية الجراحية.

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Introduction

A pre-operative patients may experience a number of fear, fear of anesthesia, fear of pain, fear of death, fear of deformity, fear of loss of body part, fear of destruction of body image, fear of disruption of life patterns[1,2,3,4].

In addition of the above fear, the patient often has others worries such as financial problem, family responsibilities, and employment, obligation of fear of poor prognosis or probability of disability in the future [2,3].

The nurses can do much to allay the anxieties of the patients and induce a certain peace of mind. A patient frequently expresses fears and misgivings to the nurse but hides them from the surgeon[3]. To identify the fear of preoperative patients.

Methodology

The study was carried out at Baghdad Teaching Hospital the sample consisted from (50) pre-operative patient in 3, 5 and 7 floor. The data collection process was performed from the beginning of November 2002 until the first of December 2002. The questionnaire consisted of 17 items. The 5 items were concerned with demographic information such as, age, sex, Marital Status, Educational Status, occupational status. The (12) items were related on scale of closed ended response (2 for Yes, and 1 for No). the validity of the questionnaire was established through a panel of 5 experts three graduate nurses and two surgeon with mean number of years experience in surgery floor (3,5,7) were asked to review the questionnaire to see whether they agree or disagree.

Results indicated that 100% of them agreed upon 12 items.

A pilot study conducted on (10) surgical patients the result of pilot study was indicated the majority 85% of surgical patients agree that 12 study items[6].

The reliability of the questionnaire was determined through pre-post test reliability was (79%).

Statistical analysis methods were used:

- 1- Descriptive statistics.
 - a- Frequencies, and percentage.
- 2- Inferential Statistic
 - a- T students test.

Results

Table 1. Characteristic of the sample

	Fre	%
1- Age		
18-27	9	18
28-37	13	26
38-47	11	22
48-57	10	20
58- and above	7	14
Total	50	100
2- Sex		
Female	22	44
Male	28	56
Total	50	100
3- Marital Status		
Married	32	64
Single	18	36
Total	50	100
4- Educational Status		
Read and write	22	44
Primary school graduate	17	34
Secondary school graduate	6	12
College graduate and above	5	10
Total	50	100
5- Occupational Status		
Employee	21	42
Non employee	18	36
Student	11	22
Total	50	100

This table shows the age of the highest percentage 26% was (28-37) while the lowest percent 14% was (58 and above) furthermore 28(56%) of the sample were male and 22(44%) were female.

Regarding to educational status the highly percent (44%) were read and write and the lowest percent (10%) were college graduates and above regarding to occupational status, the highest percent (42%) were employee while the lowest percent (22%) were students.

Table 2. Fear of (50) Hospitalize surgical pre-operative patients

No	Items	Yes		No	
		Fre	%	Fre	%
1	Fear of anesthesia	33	66	17	34
2	Fear of surgical instruments	12	24	38	76
3	Fear of pain	50	100	0	0
4	Fear of lost of part of body organs	39	78	11	22
5	Fear of lost of his/her job	27	54	23	46
6	Fear of death	29	58	21	42
7	Fear of lost his/her study	18	36	32	64
8	Fear of far from his/her family	6	12	44	88
9	Fear of limitation of diet	24	48	26	52
10	Fear of limitation of his/her physical activity	14	28	36	72
11	Fear of lost of his/her body image	10	20	40	80
12	Fear of discomfort	42	84	8	16

This table shows the highest percent (100) of preoperative surgical patients suffer from fear of pain (84%) of them suffer from fear of discomfort (78%) patients suffers from fear of lost of part of body organs, (66%) of patients suffer from fear of anesthesia, (58%) of patients suffer from fear of death, while the lowest percent (12%) of patients suffer of fear from his/her family, (20%) of patients suffer from fear of lost of body image, (24%) of patients suffer from fear of surgical instrument (28%) of study sample were suffer from fear of limitation of his/her physical activities.

Table 3. Relationship between the sex of the sample and the fear of (50) hospitalize surgical preoperative patients.

Sex	Freq	$\bar{X}$	Sd	T	C.S
Female	22	20.3	6	7	S
Male	28	12.4	20		
Total	50	32.7	26		

Px = 0.05 F = 6.314

This table shows the significant relationship between the sex and fear of hospitalized surgical preoperative patients at ($p \leq 0.05$) and the female affected more than male.

Discussion

Social demographic characteristics of preoperative hospitalized preoperative patients.

The findings showed that the majority of the sample (56%) were males with mean of age of (29.2) years most of them were (28-37) years sixty four percent patients were married, regarding their educational status 22(44%) were read and write and 5(10%) were college graduate and above.

Regarding their occupational 21(42%) were employee while only (22%) were student.

Table 2

The fear of (50) hospitalized surgical pre-operative patients.

Table (2) showed 12 items rated at 2 levels of scale Yes and No.

The result of four items indicated high percentage of fear (items: 3, 12, 4, and 1)

Regarding items (3) fear of pain the results revealed that (100%) of patients answered Yes, this finding was supported with many authors[1,2,3,4,5]who reported that the hospitalized surgical pre-operative patients fear of pain.

This is a real fear and it cannot be dismissed lightly good rapport between patients and nurses together and pre operative teaching decrease the amounts of perceive pain. Teaching the patients about pain management like medication, the patients should be informed the most dosages and required intervals between them are not sufficient to cause dependence, and other way manage, position changes, biofeedback and moister dry heat applied to the painful site[5,7,8].

In regard to item (12) fear of discomfort the result indicated that the majority (84%) of patients answered Yes while only (16%) of patients answered No, this finding supported with many authors[7,8] who stated that the hospitalized surgical pre-operation patients suffer from the fear discomfort.

Regarding item (4) fear of lost of part of body organs, the result indicated that the majority of the sample (78%) of patients answered Yes while (22%) of patients answered No. This finding supported by[3] who revealed that the hospitalized surgical pre-operative patients suffer from the fear of lost of part of body.

In regard to item (1) fear of anesthesia, the results revealed that the high percent (66%) of patients answered Yes while the (34%) of them answered NO, this finding supported with many authers[9,10] who reported that the Arab Muslim client has unique cultural characteristics that should be in cooperated in to anesthetic care, and the patients were found to experience emotional problems such as fear of anesthesia.

Finally all the types of fear may be limited or decreased by spiritual therapy must not be forgotten, regardless of the religious affiliation of patient the nurse recognizes that faith in a lighter power can be as therapeutic as medication. Every attempt must be made to help the patient obtain the fullest spiritual help that he requests this may be accomplished by participating in prayer, by reading passages from the scriptures, or by calling a clergyman. Faith has great sustaining power, thus, the beliefs of each individual patients, should be respected and supported recreation diversion can be provided by such activities as reading, listening to the radio watching television[1,3,5].

The nurses can be helpful to these people by encouraging them to mobilize their strength and by encouraging decision making and the reacquisition of responsibility, and they can ask the patient what he usually does not handle fear feeling and help him to use similar for other means[3,5].

The relationship between the sex of the sample and the fear of (50) hospitalized surgical preoperative patients.

Table 3 revealed that the significant relationship between the sex and the fear of hospitalized surgical preoperative patients at ($p < 0.05$) and the female affected more than male.

This results supported by [12,13,14] who mention that the fear of the preoperative experiences of female more than male

The author offers suggestions to improve nurses assessment of preoperative fear and anxiety and ways to lessen such feelings in patients [13].

Recommendations

Base on the results of the study

1. The researcher recommended emphases on the physical and psychological preparation operative to surgical patients preoperatively.
2. The nurses may be in position as teacher to discuss detailed information about all aspects of the surgery.

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