

P01-299 - EFFECT OF PREOPERATIVE INFORMATION AND REASSURANCE IN DECREASING ANXIETY IN PATIENTS WHO ARE CANDIDATE FOR CORONARY ARTERY BYPASS GRAFT SURGERY

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Introduction and objectives: Psychological problems like anxiety in patients who are candidate for coronary artery bypass graft (CABGs) may increase mortality and morbidity. The effect of reassurance and preoperative information in decreasing anxiety is uncertain.

Aims: This study was designed to address the effect of preoperative information and reassurance in decreasing anxiety patients who are candidate for CABGs.

Methods: With experimental study and random sampling 85 (55male and 30 female) of 238 patients who were candidate for CABGs were included and completed spilberger anxiety test on the day of admission. Preoperative information and reassurance was done and test was completed again a day before the surgery. At last the Statistical analysis was done.

Results: The Mean score of anxiety in patients with mild anxiety disorder (21 patients) was 34 ± 4.2 before and 39 ± 5.8 after intervention. In patients with moderate anxiety disorder (39 patients) the score decreased from 52.61 ± 3.8 to 50.76 ± 5.6 . Twenty five patients had severe anxiety disorder formerly with score of 63.88 ± 2.8 which decreased to 53.88 ± 7.6 . All of differences were significant statistically.

Conclusions: In patients with mild anxiety intervention of preoperative information and reassurance resulted in increasing of anxiety but in patients with moderate or severe anxiety disorder such intervention decreased the level of anxiety significantly.