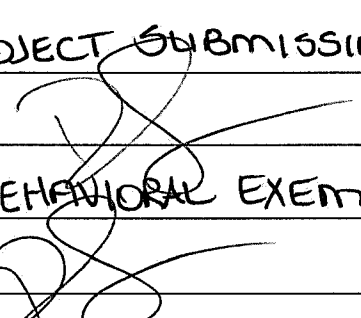


## VALIDATION SIGNATURE PAGE

*\*Validation signatures must be someone in leadership role or in attendance at the activity/event to verify your involvement in the stated hours on the Supporting Documentation Log*

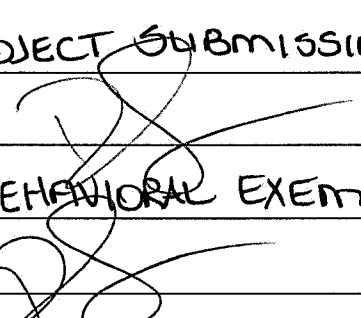
Activity / Event Name: PROJECT SUBMISSION Date: 9/30/22

Validation Signature:  Date: 9/30/22

Activity / Event Name: BEHAVIORAL EXEMPLAR Date: 9/30/22

Validation Signature:  Date: 9/30/22

Activity / Event Name: LEADERSHIP EDUCATION Date: 9/30/22

Validation Signature:  Date: 9/30/22

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activity / Event Name: \_\_\_\_\_ Date: \_\_\_\_\_

Validation Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***\*Each activity from log on pg. 1 should have a corresponding signature for validation***

**NPDP Project Submission Form**  
**X Evidence Based Practice (EBP)**



<p>NPDP projects requires initial meeting with Unit Director to discuss project that adds value to the unit or hospital.          Unit based projects are approved by Director, Hospital based projects are approved by the CNO.          Project must be completed and presented to staff in person before NPDP submission date.</p>	
Title:	<b>Reducing Perioperative Fear and Anxiety in the Pediatric Patient</b>
Submitted By/Clinician Level:	<b>Charlotte Maiden, MSN, RN, Clinician 4</b>
Team Members:	<b>Blair Weatherholtz, RN</b>
Purpose and Rationale:	<b>To determine if the facilitation of distraction or noise reduction have beneficial properties in decreasing the amount of anxiety and fear for the perioperative pediatric patient and/or parent/guardian.</b>
Practice Change Anticipated:	<b>To develop a standard protocol on the perioperative care among children which focuses mainly on anxiety and pain.</b>
Implementation Strategies:	<b>To trial use of I pads as distraction during preoperative phase.          To trial music therapy during recovery phase.          Create a tool/survey for staff and parents to determine usefulness and benefits of these tools.</b>
Evaluation:	

If you've already done a literature review please attach this information.  
 Include project timeline.

Clinician Signature Charlotte Maiden RN Date 9/30/22

Director Approval/Signature [Signature] Date 9/30/22

CNO Approval/Signature (Hospital wide project only) \_\_\_\_\_ Date \_\_\_\_\_

# Reducing Perioperative Fear & Anxiety in the Pediatric Patient

Blair Weatherholtz, RN & Charlotte Maiden, MSN, RN, CPAN, CAPA, Clin 4

## PICOT Question:

Does the facilitation of distraction or noise reduction have beneficial properties in decreasing the amount of anxiety and fear for the perioperative pediatric patient and parent/guardian?

## Introduction/Evidence

Research has shown that in the perioperative setting 50-75% of the pediatric population experience fear and anxiety. This patient population presents challenges for nurses due to the unique nature of providing care for not only the child, but also for the needs and stresses of the parent or guardian. Studies have shown that a an increase in anxiety levels in children has elevated the sympathetic response to pain stimuli, making the child more aware of any discomfort they experience.

## References:

Cvach, Maria et al. Decreasing Pediatric PACU Noise Level and Alarm Fatigue: A Quality Improvement Initiative to Improve Safety and Satisfaction. *Journal of PeriAnesthesia Nursing*, Volume 35, Issue 4, 357-364. <https://doi.org/10.1016/j.jopan.2020.01.011>.

Mathias, E., Pai, M. (2021). Anxiety and pain in children undergoing surgery: A scoping review. *Journal of Perianesthesia Nursing*.

Patmon, F., Rylee, T., Holder, D., Woodworth, J. et al. (2021). Nurse, parent, and nurse leader perspective on adoption of iPads for pediatric preoperatively anxiety reduction. *Journal of Perianesthesia Nursing*, 37 (3), 393-397. <https://doi.org/10.1016/j.jopan.2021.09.005>.

## Evidence Based Change

Mathias, Pai showed a need to utilize age-appropriate interventions to assist in reducing perioperative anxiety and postoperative pain in the pediatric population. Their research showed a need to develop a standard protocol on perioperative care among children which focuses mainly on anxiety and pain.

Patman, Rylee, et al showed that various forms of distraction techniques reduced anxiety and distress in children before surgical procedures.

## Results/Recommendations

1. Post "HUSH" signage throughout the unit & at every patient bay
2. Incorporate a visual aid such as a "Yacker Tracker" to serve as a reminder of noise levels
3. Trial the use of ipads as a distraction technique during the pre-op phase and music therapy during the recovery phase
4. Use the private bays in PACU for pediatric cases to create an environment of reduced stimuli (reduced noise & lighting) and to create privacy for when parent/guardians are at the bedside
5. Create a postop tool/survey for OPS/PACU staff and parents/guardians to gauge the usefulness and benefit of these tools.

## Conclusion/Future Directions:

Studies have shown the use of distraction and/or noise reduction may be beneficial in reducing perioperative fear & anxiety and improving outcomes in pediatric patients. Our goal is to implement measures to create a perioperative environment that aims to reduce noise levels and decrease stimuli that may be associated with perioperative fear and anxiety in pediatric patients and families.

**Augusta**  
Health

Care that makes a lifetime.