

Assessment of Preoperative and Postoperative Anxiety using Specific Scales and the Role of Cognitive Restructuring Therapy and Relaxation Exercises to Reduce Anxiety

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Abstract

Introduction: Most patients are anxious in the preoperative period, being a natural reaction to predictable and potentially threatening situations. A growing number of studies have indicated that preoperative anxiety can be associated with increased and worse perioperative outcomes, including impaired wound healing, nausea, vomiting, postoperative pain, etc. *Material and Method:* The study group includes a number of 65 patients treated at the level of the Surgery II SCJU BH department, where a surgical intervention was performed. We divided the patients into 2 groups, 37 non-oncological patients, 28 oncological patients. We evaluated preoperative anxiety in patients. We used 3 scales APAIS, ASSQ, Questionnaire for evaluating the quality of life of patients in the preoperative and postoperative period VMM, through which the patient's anxiety level can be evaluated, which can be related to both the procedure and the anesthesia. In the group of patients with preoperative anxiety, we used the "step" interventions entitled: cognitive restructuring. At the end of this "step" I also taught a relaxation/ distraction exercise (to imagine themselves in their favorite place and to focus on the aspects of that place). *Results:* In the preoperative period, the anxiety level of patients, related to anesthesia and surgical intervention, is high, and in the postoperative period, related to recovery and the fear of complications. Patients also communicate various concerns related to the hospital, procedures, complications, family, job. In the patients with high levels of anxiety in the preoperative period, we performed cognitive restructuring and relaxation interventions, and the level of anxiety decreased in the postoperative period. *Conclusion:* Anxiety in the preoperative and postoperative period can be reduced by using some evaluation scales and by providing specific interventions, such as restructuring cognitive and relaxation techniques, which allow a good postoperative recovery.

Keywords: Anxiety; Preoperative; Postoperative; Cognitive restructuring; Relaxation techniques

