



## the Knowledge and Attitude Regarding Preoperative Preparation of Children Among Nurse Interns : a Descriptive Approach

### KEYWORDS

Knowledge, attitude, preoperative preparation, children

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### Introduction

Illness and hospitalization are the first crisis, children face compared to mutilation, bodily intrusion, body- image change, disability or death. Hospitalization is the disruption of the life of children and their families. Children's reaction to the hospitalization and coping strength depend on their age, developmental stage, body image, fear, reason for hospitalization and previous hospitalization<sup>1</sup> In the modern era of advancement of technology and changes in health care has resulted in more pediatric procedures being performed in a variety of settings.<sup>2</sup> With high level of anxiety they are more likely to exhibit the signs of emergence of delirium, develop maladaptive behavior post procedure. They may have more post procedural pain and require additional pain control medications.<sup>3</sup> An adequate preoperative preparation of children will help to reduce their fear and anxiety, at the same time it can help optimise the child's fitness before the surgery and help them to prepare well for the surgery so that post operative recovery will be better with no major complications. The purpose of the pre-operative preparation of children is to identify children with a high peri-operative risk, to institute investigations and to refer to the anaesthetist, as well as to assess patients for suitability for day surgery.<sup>4</sup>

Preoperative care is the preparation and management of a patient prior to surgery. It includes physical and psychological preparation, informed consent, preoperative teaching, pain management etc. Patients who are physically and psychologically prepared for surgery tend to have better surgical outcomes. Preoperative teaching meets the patient's need for information regarding the surgical experience, which in turn may alleviate most of his or her fears. Patients who are more knowledgeable about what to expect after surgery, and who have an opportunity to express their goals and opinions, often cope better with postoperative pain and decreased mobility.<sup>5</sup>

The preoperative preparation of children is a challenge for the health care professionals. The hospital should have should have clear operational policies and procedures in place specific to the needs of children. In order to minimise anxiety and optimise care the following should be considered: preoperative assessment and preparation; preoperative fasting guidelines; what clothes children wear to theatre; modes of transport to theatre; nursing care; pain management and discharge follow-up advice.<sup>6</sup>

Nurse as an integral part of preoperative team, is a link between the children and the peri operative team. Nurses adequate knowledge and prompt care will help the child to prepare well for the surgery. Preparing the children for surgery is a challenge for the nurses. Nurses should have adequate knowledge regarding the child's condition, nature of the surgery, anaesthesia techniques as well as the

post operative risks involved. The nurse internees are the future nurses who are at the final stage of completing their training in nursing. The researcher was interested to assess their knowledge and attitude regarding the pre operative care of children. Thus the researcher conducted a study with the objectives of assessing the knowledge and attitude of nurse interns regarding the preoperative preparation of children, to find correlation between the knowledge and attitude and to find association between the knowledge and attitude with the selected demographic variables.

### MATERIAL AND METHOD

With a non experimental research, descriptive correlative research design was used for the study. The study was conducted in selected nursing institutions. The sample consisted of 100 Nurse interns. The sample was selected by Non probability convenience sampling technique. The key variables under study were knowledge and attitude of nurse interns regarding the preoperative preparation of children. And the Demographic variables were Age, Sex, and Intern category. Structured knowledge questionnaire and attitude scale was used to collect the data from samples. The collected data was analyzed by using descriptive and inferential statistics.

### RESULTS

- The study results showed that majority (82%) of the interns belong to age group of 20-22 years. All the study participants were females. 85% of the sample were B.Sc. nursing interns and 15% were the GNM interns. None of the interns received special training regarding preoperative preparation of children.
- Regarding knowledge, 16% of samples had poor knowledge, 80% had average knowledge and only 4% had good knowledge regarding preoperative preparation of children and 100% of samples demonstrated favourable attitude towards preoperative preparation of children.
- Area-wise knowledge of interns showed that knowledge regarding general aspects of preoperative preparation of children had mean  $\pm$ SD of  $2.42 \pm 1.03$ , Physical preparation had mean  $\pm$ SD of  $4.23 \pm 1.37$ , Protective measures had mean  $\pm$ SD of  $3.7 \pm 1.53$ , Psychological preparation had mean  $\pm$ SD of  $2.98 \pm 1.38$ , and Legal aspects had mean  $\pm$ SD of  $1.26 \pm 0.50$ .
- There was a positive correlation between knowledge and attitude among interns regarding the preoperative preparation of children,  $r_{(100)} = 0.270$ , at 0.01 level of significance
- There was no significant association between knowledge and demographic variables but there was a signifi-

cant association between the attitude score and demographic variables of intern category.

Fig 1:Pie diagram showing the knowledge of interns.

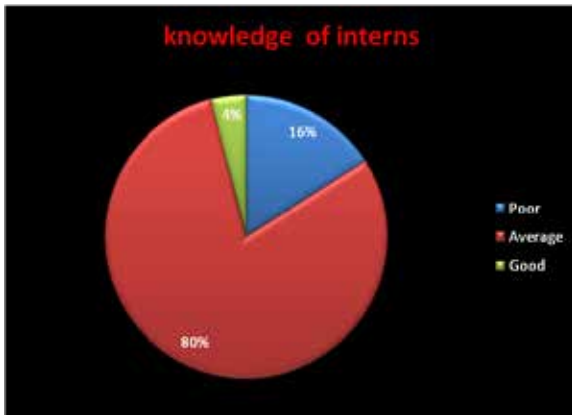


Table 1: Overall mean, median, standard deviation, mean percentage of knowledge score

n=100

Max possible score	Mode	Mean	Median	SD	Mean%
30	17	14.57	15	3.79	48.56

Table 2 : Over all mean, median, standard deviation, mean percentage of attitude score

n=100

Max. possible score	Range	Mean	Median	S.D	Mean %
55	11	52.65	54	3.09	95.72

Table 3 : Correlation between knowledge and attitude

	Mean	Median	Standard deviation	Correlation	Remarks
Knowledge	14.57	15	3.79	0.904	Significant
Attitude	52.65	54	3.09		

Table value  $r_{(100)}=0.270$ , at 0.01 level of significance

**DISCUSSION**

Preparing the children for surgery is a challenge for the nurses. Nurses should have adequate knowledge regarding the child's condition, nature of the surgery, anaesthesia techniques as well as the post operative risks involved. The nurse interns are the future nurses who are at the final stage of completing their training in nursing and it is essential that they should have adequate knowledge and a positive attitude towards the preoperative preparation of children.

The current study findings are supported by an exploratory study conducted to identify qualified nurses' feelings towards preparing children and young people and their families for spinal surgery and study found that nurses working with children, young people and their families are aware that they have a vital role to play in the preparation of children and young people for spinal surgery in both hospital and community settings.<sup>7</sup>

Another study explored the factors relating to nurses themselves that influence the delivery of preoperative patient education in everyday surgical clinical contexts at one large general adult teaching hospital. The study findings indicated that preoperative education was variously interpreted by participants, and participants' accounts suggested that different understandings and practices by nurses resulted in patients receiving different levels of care. In addition, diverse levels of knowledge and experience of individual nurses resulted in unevenness in the type of preoperative education that patients received.<sup>8</sup>

Thus it is very essential for the nurses to have adequate knowledge and a favorable attitude towards the preoperative preparation of children so that they will be able to prepare the children and their parents for surgery.

**CONCLUSION**

The needs of children and young people undergoing surgery are very different to those of adults, and the clinical safety margins of care are very small. They are a vulnerable client group as they differ emotionally, psychologically, and physiologically from adults. They should be cared in an environment that is as safe and stress-free as possible, care should be provided by staff who are educated in the needs of children and young people and their caregivers. The nursing staff should ensure that they are well qualified, skilful and with a favourable attitude so that they prepare the children well for the surgery.

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