

Reducing Surgical Anxiety for Pediatric Patients with Induction Mask Selection

Team Leader: Rasmin Day R. Guevara BSN RN CAPA

Team Members: Kimberly Ambas BSN RN,

Jeong Hee Kim Shaw RN CCRN SCRNP CAPA CPAN,

Judy Moreno MSN RN CPAN RN-BC CHWL, Suma Kuramkote MD Anesthesiology,

Lovely Marvel BSN RN CAPA

Kaiser Permanent Foundation Hospital, Santa Clara, CA

Abstract Background Information: Fear of the unknown, past experiences and patient and parental anxiety contribute to the stress pediatric patients can experience with surgical procedures. Most pediatric patients are afraid of needles and opt not to have an IV placed in the Preop area. Typically, the anesthesiologist inserts the IV in the OR during mask induction. To reduce surgical anxiety, patients under 10 years of age receive oral Midazolam 30 minutes before surgery starts. Pediatric patients are fearful of the unknown and explaining to them the concept of mask induction increases their anxiety.

Objectives of Project: Our goal for our pediatric mask flavor project is to introduce a positive and pleasurable activity that offers a distraction to the child thus reducing surgical anxiety.

Process of Implementation: The pediatric patient is given a menu of scented food flavors for them to choose from, and this flavor will be applied to the "space mask" with the "sleepy air" to help them go to sleep for surgery. Along with the flavor selection, the patient receives a sticker that matches the flavor that was selected. Stakeholders involved in this project were the Pre Op nurses, Anesthesiologists, and the OR nurses assigned to the patient. Food flavor supplies from Loreann Oils were ordered with nine flavors - Strawberry, Cotton Candy, Raspberry, Bubble Gum, Cherry, Peach, Grape, Banana and Apple. Workflow was developed starting from the flavor menu, the "stickers" placed on the patient's gown and the actual flavor placed on a gauze in a ziplock bag and placed on the patient's chart ready for handoff with the OR nurse or anesthesiologist. Documentation dot phrase was created in Health Connect for parents consent and food allergies.

Statement of Successful Practice: To evaluate the effectiveness of this project, qualitative data through OAS CAHPS survey scores and post-discharge calls were used. Successful implementation of the mask project as evidenced by patients and parents' positive feedback from post-discharge calls and improved survey scores.

Implications for Advancing the Practice of Perianesthesia Nursing: The implication of this project to perianesthesia nurses is that it offers an additional means of distraction and positive experience in preop and post-op leading to uneventful general anesthesia.