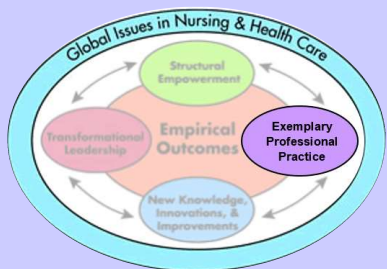


Reducing Surgical Anxiety for Pediatric Patients with Induction Mask Scent Selection

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INTRODUCTION

The perioperative experience for children is especially challenging because of the fear of the unknown, past experiences and patient and parental anxiety. Our goal for our pediatric mask flavor project is to introduce a positive and pleasurable activity that offers a distraction to the child. This also allows the child to have control as to the choice of scented food flavor that will be used to mask the anesthesia gas given during general anesthesia in conjunction with oral premedication of Midazolam in the Preop area.

PROBLEM

Fear of the unknown, past experiences and patient and parental anxiety contributes to the stress pediatric patients can experience with surgical procedures. Most patients less than 10 years old often are afraid of needles and opt not to have an IV placed in the Preop area. Instead, they received oral Midazolam 30 minutes before surgery start and general anesthesia is started via mask induction. Pediatric patients are anxious of "how they're going to sleep" and explaining to them the use of the mask with the gas anesthesia increases their level of stress. Winterberg, et al. (2022) associated increase anxiety with post-operative emergence delirium, pain, and behavioral changes after discharge.¹

GOAL STATEMENT

The purpose of the project is to enhance pre-operative experience and reduce the stress associated with mask induction during anesthesia. By allowing the patient and parent to choose the scented food flavors, the activity offers a distraction and a small element of control in an otherwise scary hospital and surgical process. Both child and parent will express positive experience from the activity. Other keyholders involved are the anesthesia providers and Preop and OR nurses who are responsible for the patients care.

The Caritas principle applied to this project is through the nurturing patient/parent and nursing/anesthesia relationship.² Actively listening and allowing the child/parent to have control with the flavor choices develops trust with the surgical team.



IMPLEMENTATION

- In collaboration with Dr. Suma Kuramkote and Judy Moreno, PPACU Manager, water-based food flavoring from Loreann Oils were identified as the most ideal of known food flavoring that can be used in the anesthesia setting.
- Supplies were ordered from Loreann Oils with 9 flavors – Strawberry, Cotton Candy, Raspberry, Bubble Gum, Cherry, Peach, Grape, Banana and Apple. Other supplies such as fruit stickers and small bags to place the flavor-soaked gauze were also ordered.
- Pediatric patients eligible for this project were 9 years old and below and older children who refuses to have IV placement in the Preop
- Workflow was developed for introducing the menu to the child.
- Process was explained to the child that they will get a "space mask" with "sleepy air" that will make them sleepy and comfortable before their surgery and that they will breathe in the "yummy air" of their chosen flavor.³
- Patient selects the desired flavor from a menu of flavors. The nurse obtains approximately 3 ml of solution and places it on a gauze that will be placed in a small plastic bag. The bag has a "fruit sticker" to identify the chosen flavor. The bag will be "handed off" to the OR RN or anesthesia provider to be used during anesthesia induction.
- Documentation in Health Connect under .maskflavor to note parents' consent and food allergies



OUTCOME EVALUATION

- Prior to this project, oral Midazolam was the only intervention to reduce anxiety, now with the patients' active participation in choosing the scented flavors, they can have a positive experience in the Preop area.
- Pediatric patients had reduced stress going into surgery with anesthesia reporting uneventful general anesthesia.
- Positive child and parent feedback in the Preop area in choosing the mask flavors and feedback from surveys and post-op calls.
- Successful implementation of the mask flavor project with patient and parents' positive feedback and support from anesthesia and nursing staff.

Picking the flavor helped distract her child in pre-op
 My 5-year-old was very nervous, and this gave a little distraction, thanks.

Mom stated this helped decrease her child's anxiety.

Mom claimed the child participated in the program and it helped decrease their anxiety. The sticker and scent helped decrease my child's anxiety, thank you

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