

## **Pediatric Perioperative Education: Are We Doing Enough at Geisinger Health System to Prepare our Pediatric Patients and Their Families for Surgery?**

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**Introduction:** This EBP poster explores pediatric and family anxiety in association with surgical procedures. Review and reflection of current practices at Geisinger Health System compared to top performing children's hospitals in the U.S. Concluding with best practice recommendations for practice change.

**Identification of the problem:** Multiple levels of anxiety are associated with pediatric exposure in the perioperative setting. Perioperative anxiety can negatively impact induction, postoperative recovery as well as create transient and long-term detrimental effects on the child's health and development.

**EBP Question/Purpose:** The purpose of the evidenced-based review was to explore current perioperative anxiety reduction practices within Geisinger Health System in comparison with the top ten children's hospital as reported by U.S. News & World Report.

**Methods/Evidence:** A systematic comparison of current standard practices at Geisinger Health System and the top ten children's hospitals were reviewed in detail. Meta-analysis of scholarly journals concerning diversional techniques for pediatric patients in the peri-anesthesia setting were also utilized. The Johns Hopkins Model of Evidence-based Practice was utilized to evaluate the literature. The comparative studies levels II, III, IV, and V were included to support the findings

**Significance of Findings/Outcomes:** Evidence and comparison suggest significant gaps within Geisinger Health System's perioperative process. Throughout this review, conversations were already underway on how to improve the pediatric pre-surgical stay. Interdisciplinary and patient experience peers were amongst this group at Geisinger Health System for potential improvements

**Implications for perianesthesia nurses and future research:** This project reflects a vital need for continuous improvements for a positive pediatric patient experience within Geisinger Health System. Additions to Geisinger's current practices that happened during this review included: usage of iPads, the web-based publication "Preparing your Child for Surgery," Autism pathway project initiative, and planning process for motorized child-driven cars to be used from the preoperative area into the operating room. Looking to the future, Geisinger would benefit by aiming education and care to both parent and child. Education is key to patient-centered, safe care. Educational improvements would include updated graphics, imaging and up-to-date surgical education to the Geisinger.org website. Distributing interactive, developmentally appropriate pamphlets, handouts, and access to smartphone apps to families prior to scheduled surgery prove to be beneficial.