

## Background/Introduction

**Introduction**  
 Preoperative anxiety affects 50–75% of pediatric patients  
 Anxiety → reduced cooperation, delayed recovery, negative healthcare perceptions  
 CLS ( Child Life Services) interventions: preparation, distraction, coping strategies

## Purpose/Objectives/Hypothesis

**Problem Statement**

- Pediatric patients frequently experience heightened anxiety during anesthesia induction.
- Anxiety contributes to poor cooperation and more challenging postoperative recovery.

**Purpose / EBP Question (PICOT)**  
*In pediatric surgical patients, how does CLS multidisciplinary involvement during anesthesia induction, compared with standard practice, affect preoperative anxiety over 8 months?*

**Databases Utilized**

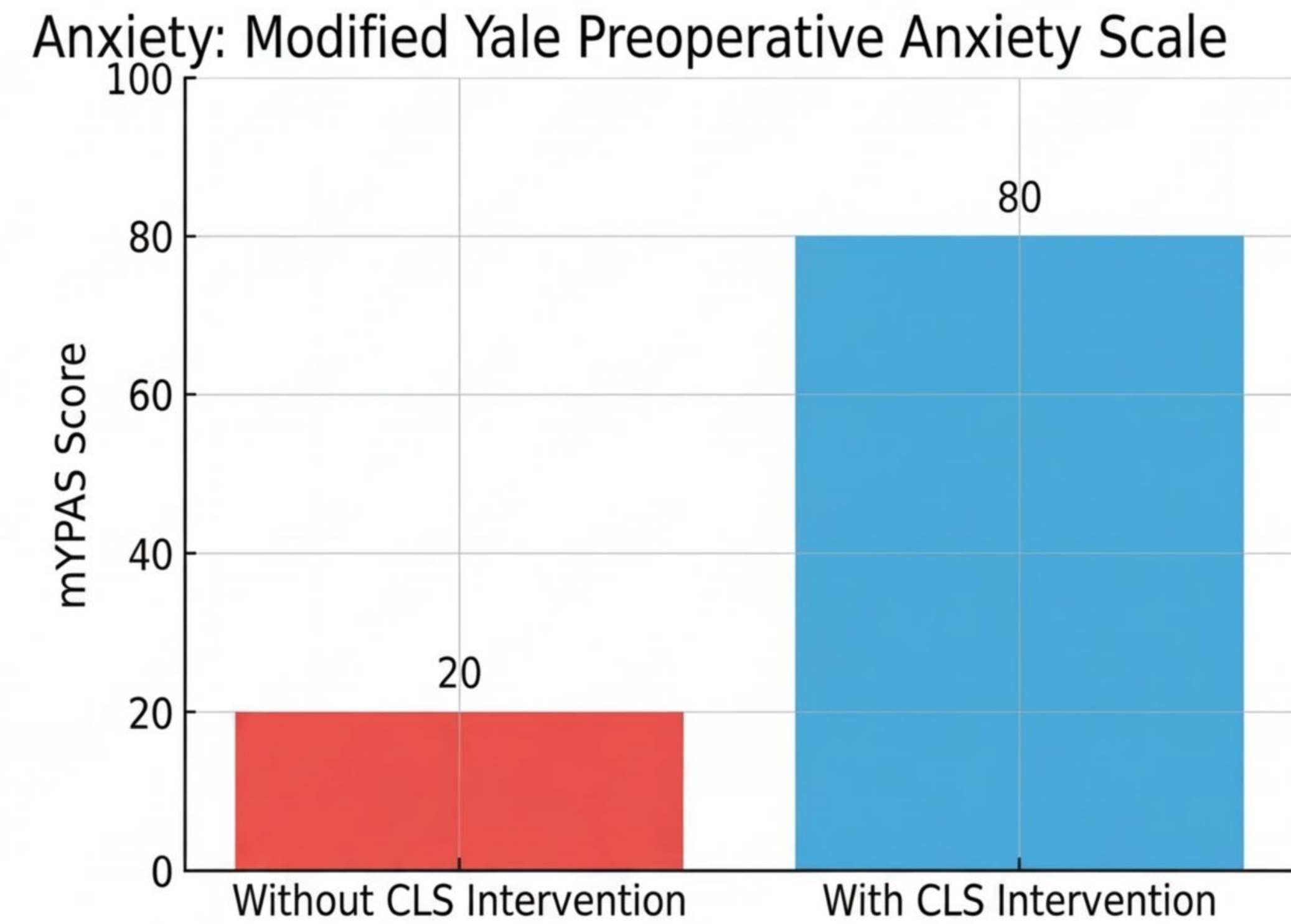
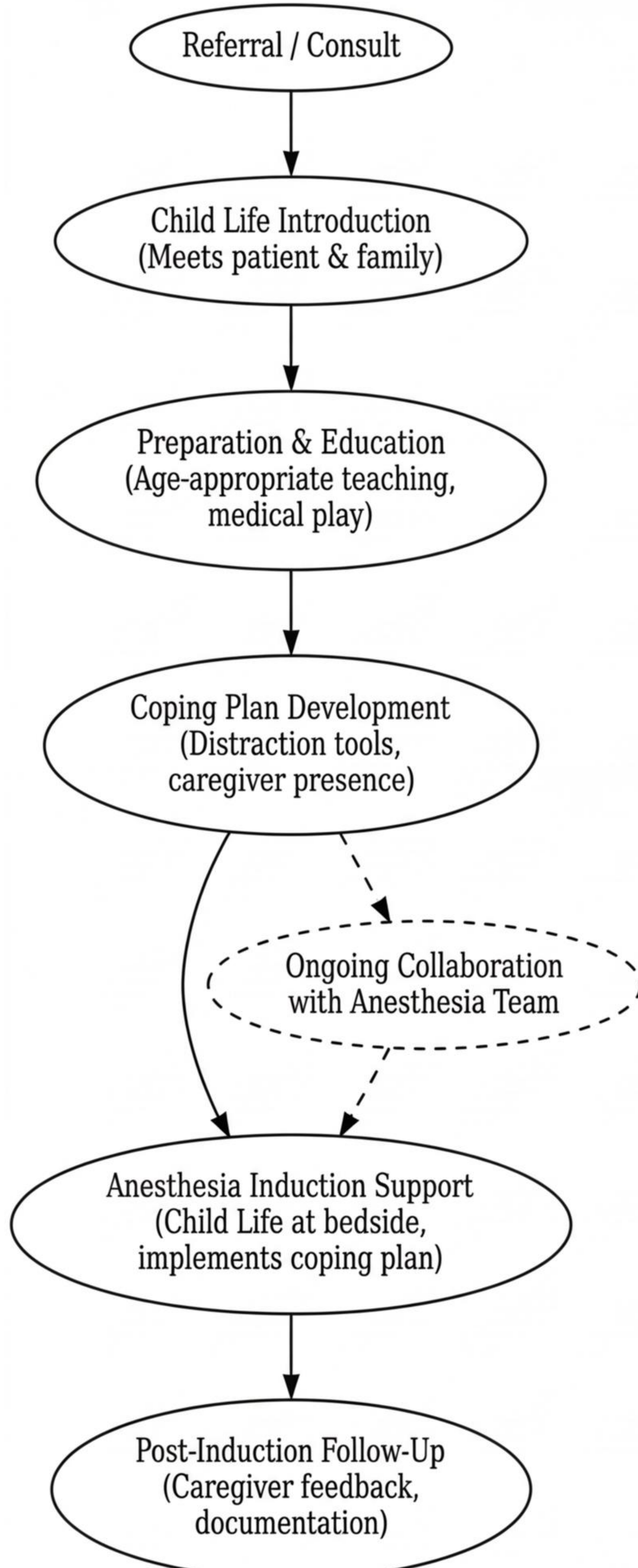
- PubMed
- CINAHL
- Cochrane Library

## Methods

**Methods/Evidence**

- Multidisciplinary model integrated CLS into perioperative care.
- CLS roles included:
  - Providing emotional support, distraction, and coping strategies during induction.
  - Accompanying patients into the OR when appropriate.
  - Collaborating with nursing and anesthesia teams for seamless integration.
- Preoperative education tailored to developmental levels.
- Team communication ensured coordinated, family-centered care.
- Outcome Measure: Modified Yale Preoperative Anxiety Scale (mYPAS).

## Result



## Results/Implications

**Significance of Findings / Outcomes**

- Over 8 months, CLS supported 83% of 72 cases.
- Results demonstrated:
  - Reduced anxiety scores
  - Improved patient cooperation during induction
  - Fewer behavioral disruptions
  - Streamlined perioperative processes
  - Potential cost savings (less sedation, faster OR turnover)
- Strengthened collaboration among nursing, anesthesia, and CLS teams

## Future Actions

**Implications for Perianesthesia Nursing & Future Research**

- Highlights nurses' role in advocating for family-centered care through CLS collaboration.
- CLS integration:
  - Reduces anxiety
  - Enhances team workflow
  - Improves quality of care
- Future research should evaluate:
  - Cost-effectiveness
  - Sustainability & scalability
  - Standardized interdisciplinary training

**Key Takeaways:**

- ✓ CLS reduces pediatric anxiety
- ✓ Improves induction cooperation
- ✓ Enhances workflow efficiency
- ✓ Supports family-centered care

## References

