Title: The Effect of Coronary Artery Bypass Graft Preoperative Education on Patients Anxiety

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Abstract: Background and Objective: Today, Myocardial Infarctus is second life threatening diseases in patients. In fact, Coronary Artery Bypass (CABG) is one of the most common surgeries in both developed and developing countries. Because of undergoing CABG patients with high anxiety and stress. Due to surgery anxiety, heart rate, cardiac output and oxygen demand will rise. Then any attempt to decrease patients' preoperational anxiety would be beneficial. One of the efforts to decrease the anxiety level is patient education. The purpose of this study was determining the effects of education by using VCD and booklet on pre-operative anxiety of CABG candidates in two different times.

Methods: This research study of literature is the type of review to evaluate the effect of coronary artery bypass graft preoperative education on patients anxiety. CINAHL nursing journals in the site between 2000 and 2010 using key search terms were related. Study of 40 countries of America, France and China, Indiana, Iran found.

Results: The result indicated that the late trait anxiety level significantly decreased in the experimental group compared to the control group at the 6th day before CABG (t=3.79, P=0.001) (t=4.53, P=0.00) respectively. According to the study results, use of visual information by VCD at sixth day before surgery was more effective in clinical setting that the first day. Education using booklet, 6–day before surgery has had the least effect on reducing the state anxiety of participants.

Conclusion: Regarding the results of this study, education using VCD, 6–days before CABG and booklet, one day before CABG has the most effect on reducing pre-operative anxiety. Therefore, nurses can use this educational cost-effective beneficial intervention, for reducing the patients' anxiety.

Keywords: Anxiety, Coronary artery bypass, Preoperative Education

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