



THE EFFECT OF BEAUTY ON PREOPERATIVE ANXIETY IN ADULT SURGICAL PATIENTS



Purpose & Significance

The purpose of this capstone is to decipher if beauty presented prior to induction for surgery will decrease the level of patient anxiety in the operating room (OR).

Adults are vulnerable to deep, ingrained anxiety and this can cause them to respond differently to anesthesia (Moerman et al, 1996). Art and beauty within healthcare contribute to the healing space as discussed within the Caritas Processes® by Dr. Jean Watson. There is a “need for beauty, art, serenity, silence, calm, and space in which the souls of practitioners as well as patients/family can ‘catch up’ by experiencing the basic human need for space and quiet” (Watson, 2018).

Caritas Processes ®

By channeling Caritas Process 6, this can be an opportunity for “creative use of self and all ways of knowing/being/doing as part of the caring process” (Watson, 2008).

Processes

The circulator nurse conducts a pre-procedure verification and will assess anxiety level plus a descriptive word for how the patient is feeling. The adult surgical patient will be offered a choice between beach waves, forest trees, and clouds for beautiful video options in the operating room. The video of choice will be played, viewed, and heard in the OR prior to induction.

Evaluation

It will be evaluated if beauty can be applied to a patient's preop experience to decrease their anxiety and see if there is a positive feeling related to the intervention. There will be a word cloud created for both preoperative descriptive words and postoperative descriptive words.

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References

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