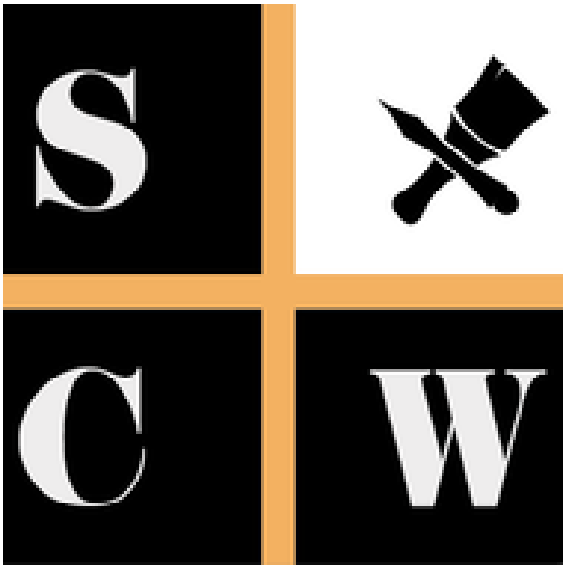


DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Marlene Edwards Morales

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Luanne Linnard-Palmer

Digital Portfolio URL: https://sites.google.com/view/marleneedwards/home

Title: Nurse-Led Preoperative Education: Mitigating Anxiety to Improve Postoperative Pain Outcomes

Abstract:

Abstract

Preoperative anxiety is a common concern for patients undergoing surgery and can negatively impact postoperative pain perception and recovery. Nurses, as primary caregivers in the preoperative setting, are well-positioned to alleviate this anxiety through structured educational interventions. To investigate, primary research articles regarding the effectiveness of preoperative education in reducing anxiety and improving postoperative pain management were examined. A proposed randomized controlled trial (RCT) will explore whether nurse-led preoperative education can reduce anxiety before surgery and improve postoperative pain outcomes. This study will involve a sample of 100 adult patients scheduled for elective surgeries, who will be randomly assigned to either the intervention group, receiving a 30-minute nurse-led education session, or the control group, which will receive standard care. Preoperative anxiety will be measured using the State-Trait Anxiety Inventory (STAI), while postoperative pain will be assessed using the Visual Analog Scale (VAS). Descriptive statistics will summarize the data, and a t-test will be used to determine the statistical significance between the two groups. If the p-value is <0.05, the hypothesis that nurse-led preoperative education reduces anxiety and postoperative pain will be supported. The findings of this study may contribute to the implementation of standardized nurse-led education sessions in clinical practice, improving both emotional and physical patient outcomes post-surgery.