The effectiveness of Implementing Nursing Consultation on "Anxiety and Satisfaction of Patients Undergoing GI Endoscopy"

A thesis submitted in partial fulfillment of the requirements for Master Degree of Medical_Surgical Nursing

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MAY. 2011
Abstract

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**Background and aim**
Many of patients scheduled for gastrointestinal procedures (such as colonoscopy or esophagogastrroduodenoscopy) are often anxious and frightened. High levels of anxiety may result in more difficult and painful procedures. Consultation, have decreased anxiety in patients across many settings. The objective of this study is to determine the effects nursing consultation on the anxiety level of the patient before gastrointestinal endoscopy and their satisfaction about it.

**Material and method**
In this quasi-experimental study 021 patients were scheduled to undergo upper GI Endoscopy. Patients were allocated randomly to an experimental (n=01) and a control groups (n= 01). The experimental group received intervention of nursing consultation lasted 01 minutes about endoscopy a day before the procedure, while control group did not receive any intervention. Anxiety level (recorded by spielburger questionnair) and vital signs were measured in both groups before intervention and on endoscopy day (immediately before the procedure). During endoscopy the cooperation intensity of the patients were determined (recorded by VAS) as the satisfaction intensity as. The data was analyzed through descriptive and inferential statics(Breslo and Day, Mantel hanzel, t test and Covariance.

**Result**
The finding of this research indicated that there was a significant difference in anxiety between experimental and control groups before endoscopy (P<01). The participant in the experimental group experienced a lower anxiety before the procedure. They also had statistically significant upper satisfaction for 0 hours after endoscopy (P<01) and upper cooperation during the procedure (P<01).

**Conclusion**
Patient consultation about endoscopy has some positive effects on preendoscopy anxiety and satisfaction about the procedure. This intervention could serve as a guide for nurses to decrease the anxiety and hemodynamic balance of these patients.

**Keywords:** Anxiety, Endoscopy, Nursing Consultation, Patient Satisfaction