Effect of an anaesthesia information video on preoperative maternal anxiety and postoperative satisfaction in elective caesarean section:
A randomised controlled trial.

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Introduction

Anxiety

Outcome measures

Ethics

Stats

Researchers

Post op satisfaction

Preop clinic

Paper

DVD

Internet

Family and friends
Aims

“A rising rate of caesarean section with ~ 90% performed under regional anaesthesia.”

• Does lowering preoperative anxiety improve maternal satisfaction?

• Is satisfaction influenced by information given in the preoperative period?
Method: Recruitment

Eligible n = 160

17 declined participation

Control Group
Group C = 71
Analysed
n = 58

Video Group
Group V = 72
Analysed
n = 52
Study Timeline

1. Identified as eligible

2. In clinic pre anaesthetic interview (AI):
   - Informed consent
   - Randomised
   - Baseline data collection
   VIEW VIDEO or USUAL CARE

3. Appointment with Anaesthetist
   Appointment with midwife

4. STAI completed in holding bay preoperatively

5. First postoperative day: MSSCS completed
   Satisfaction with Anaesthetic Interview assessed
   Anaesthetic information obtained from patient record
The video.....
Outcome measures

**PRIMARY**
The Spielberger State-Trait Anxiety Inventory (STAI) completed pre-operatively in control and video group.

**SECONDARY**
Duration of anaesthetic interview
Maternal Satisfaction Scale for Caesarean Section score (MSSCS)
Patient satisfaction with anaesthetic interview
Statistical Analysis

Sample size 50 per group – 80% power, significance level 0.05

No statistical difference in demographics between the 2 groups

Care givers and data collectors were blinded to group assignment

Analysis used ANOVA and Chi-squared tests
Results

NO CHANGE IN: pre operative anxiety scores
postoperative satisfaction score
duration of anaesthetic interview

BUT: Group V showed improved satisfaction with the information given to them at the anaesthetic interview

p value 0.01
Points of discussion

Improved patient experience

- Exclusion criteria
- Presence of investigators at clinic
- Selection bias
- Grade of anaesthetist at anaesthetic interview
Summary

Patients do experience anxiety.

At the Royal Brisbane and Women’s Hospital there is a high level of satisfaction with the overall experience of a first elective caesarean section.

Further research may differentiate the need for more information preoperatively provided by alternative media for specific patient groups.
Questions?
Acknowledgements and References

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References:

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