



**Service Priorities and Programmes**  
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**Structured Instruction Program for patients with operations under Local Anaesthesia**

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**Introduction**

There were a total of 899 operations performed under Local Anaesthesia (LA) in the Prince of Wales Hospital (PWH) in 2012. Although this is not the major method of anaesthesia for operation, LA surgery care is usually ignored by health care professionals because of its simplicity, low cost, and lack of potentially detrimental cardiovascular effects observed with regional or general anaesthesia (Kaempf & Amodei, 1989). There are no structural instructions for nurse to care patients who undergone LA procedures in our hospitals. Nurses usually focus on their peri-operative documentations and also the whole procedures instead of patients' care concerns. Literature supported that patients could easily develop high level of anxiety about the local anaesthesia, intra-operative pain and physical injury in LA sessions (Man et al., 2001). Therefore, we would like to design and implement a structured peri-operative checklist for nurses to provide peri-operative nursing care to patient who undergone local anaesthetic procedure in order to improve the standard of peri-operative nursing care and reduce the patient's anxiety level.

**Objectives**

1. A structured peri-operative checklist is designed 2. Nursing staff will familiarized with the use of the checklist on peri-operative patient care for LA surgeries 3. Patients will follow health care professionals' instruction smoothly during operation 4. Patients will have a reduction in anxiety level

**Methodology**

A checklist is designed using State Trait Anxiety Inventory (STAI) as framework with an evaluation form to assess the patients' anxiety level pre-operatively and post-operatively. The designed checklist was divided into 3 parts which were pre-operative, intra-operative and post-operative stages respectively with the provision of appropriate information that patient need to know in different stages to reduce uncertainty and gain co-operation. A relaxed environment is established by

providing light music peri-operatively, and the checklist is performed by trained nurses that familiarized with the use of the checklist.

### **Result**

The target patients are all types of local anaesthesia cases in PWH from October to November. A total of 16 patients are participated in this program. Most patients shows a reduction of anxiety level and they stated that this peri-operative orientation program and music therapy can make them feel more relaxed, safe and reduce their nervousness and anxiety level.