



Service Priorities and Programmes Electronic Presentations

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Introduction of a Multimedia Orientation Program to Patients Preoperatively to Lower Patientâ€™s Anxiety and Promote Continuous Quality Improvement in Surgical High Dependency Unit in Prince of Wales Hospital

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Introduction

Perioperative anxiety is a prevalent problem that can have far-reaching effects, particularly on patients requiring high dependency units in post operative stage. Many discussions revealed stress is either directly or indirectly linked to the length of post operative recovery. It is reasonable for patients to feel anxious when they have no idea of the post operative unit. The purpose of this study is to evaluate the effectiveness of the introduction of a multimedia orientation program preoperatively to lower patientâ€™s anxiety level. This tailored-made orientation video of High Dependency Unit gives patients the information that they need in an easy and understandable way.

Objectives

(1) To promote better services and knowledge to our patients and their relatives; (2) To act as a multimedia guide to facilitate patients and their relatives to understand the environment and operations of high dependency unit; (3) To lower patientâ€™s anxiety level preoperatively.

Methodology

A tailored made orientation video program is introduced to surgical patients of various ages since 2015 and this pilot study was launched from September to December of 2016. Patients are recruited from 3 general surgical wards in the Prince of Wales Hospital, who will undergo different scheduled surgeries. They will all be arranged to surgical high dependency unit (HDU) for after care. These patients were directed to HDU one day before the surgery and would be given this video session. A self-evaluation questionnaire is taken by individual patient pre and post program.

Result

There are 228 patients who met the inclusion criteria are invited to participate in the study in 2016. More than 99% of patients showed more familiar to ward environment and operations and over 96% of them could reduce surgery related anxiety (Wilcoxon Signed Ranks Test for pre and post questions, p