

# EFFECTS OF PEDIATRIC PRE-OPERATIVE ORIENTATION PROGRAM (PEDIA P.O.P.) IN REDUCING ANXIETY OF PRE-OPERATIVE SCHOOLERS

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## ABSTRACT

### Background of the study

Other than physical preparation, psychological and emotional preparations of children for surgery are considerable matters that should be clearly addressed. It has been demonstrated that children with actual preparation for surgery recover more quickly and had fewer problems than those who were not prepared.

### Objective

The goal of this study is to determine the effectiveness of Pediatric Pre-operative Orientation Program (Pedia P.O.P.), which is a preoperative intervention, composed of health education, video and play therapy, in decreasing anxiety among school-aged patients who will undergo elective heart surgery.

### Methods

This an experimental study comparing two groups: the control, which received the usual perioperative and recovery room orientation currently being provided by the institution, and the experimental which received the Pedia P.O.P. Participants are school age children who underwent open heart surgery. They were screened using the inclusion/exclusion criteria and utilized purposive sampling as sampling scheme. Anxiety was measured using the Modified Yale Preoperative Scale. Wilcoxon Signed Rank Test was the statistics used to compare the two groups.

### Results

The experimental group yielded statistically significant results in all components of the modified Yale Pre-operative Anxiety Scale. This means that Pedia P.O.P. is an effective strategy in decreasing preoperative anxiety among schoolers undergoing open heart surgery.

**Keywords:** Pediatric, Preoperative Orientation, anxiety, preschoolers