

**Session 5.4**  
**Clinical Track**

**Abstract Title:**

Identification of the Signs and Symptoms of Nursing Diagnoses: "Fear" and "Anxiety" in Surgical Patients in the Preoperative Period of Elective Gynecological Surgery

**Presenter:**

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**Intended Audience:**

Clinicians

**Area of Focus:**

Research

**Research Format:**

For Research Reports

**PURPOSE:** Patients undergoing surgical procedures involving sex and reproductive organs may present different emotions: conflicting, traumatic, insecurity, fear and anxiety, causing meaningful physiological and psychological changes. A study previously validated has identified the "Preoperative Anxiety Syndrome" in patients undergoing elective surgical interventions, evidencing the need for further research to identify the syndrome. The scientific methodology of nursing practice leads nurses to critical thinking to determine whether the defining characteristics of the diagnoses "Fear" and "Anxiety" are present or not. Nursing preoperative assessment aims at identifying problems, elaborating the care plan and minimizing perioperative risks, providing individualized, documented and holistic care. The objectives were to identify the presence of clinical manifestations of the nursing diagnoses "Fear" and "Anxiety" in the immediate preoperative period of patients undergoing gynecological surgery; verify the presence of signs and symptoms of the "Preoperative anxiety syndrome" in this group of patients.

**METHODS:** Cohort, cross-sectional study performed in the Gynecological Care Unit, in the Sao Paulo Hospital, Sao Paulo, Brazil. Fifty patients undergoing elective gynecological surgery in May, 2007 comprised the study sample. Data collection was performed using a research tool, which has been created and validated in a previous study, and contained the defining characteristics of the nursing diagnoses "Fear" and "Anxiety". The definitions, defining characteristics and related factors of the "Preoperative Anxiety Syndrome" were added to the data collection tool.

**FINDINGS:** In the 50 women sample, 48 (96%) presented the nursing diagnoses "Fear" and "Anxiety". For both diagnoses, the following related factors were the most evident: anesthesia (93.7%), disease (79.1%), surgery (62.5%), postoperative period (58.3%), hospitalization (35.4%), unfamiliarity with the experience (12.5%) and environment (2%). The "Preoperative anxiety syndrome" was identified in 48 (96%) women, and presented the following characteristics: apprehension and verbal report of anxiety (95.8%); verbalization and anguish (93.7%); excitement and fidgeting (91.6%); dry mouth (87.5%); nervousness and fear of death (70%).

**DISCUSSION:** Interviews and physical examinations were performed, and contributed to identify the clinical manifestations of both diagnoses under analysis and the presence of the "Preoperative Anxiety Syndrome."

**CONCLUSION:** The research validated the presence of the nursing diagnoses "Fear" and "Anxiety" in patients undergoing gynecological surgeries. This was evidenced by the diagnoses clinical manifestations, which have also been collaborated with the identification of the "Preoperative Anxiety Syndrome". Key-words: nursing diagnosis, fear, anxiety, preoperative care, gynecological surgery.

**Citations:**

"Clinical Validation of the Defining characteristics of Nursing diagnoses Fear and Anxiety Identified at the immediate Preoperative Period in Patients submitted to elective Surgery".

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