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## A study to observe the effectiveness of counseling the patients about anesthesia procedures in the recovery of patients

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### Abstract

**Aim:** The present study was undertaken to observe the effectiveness of counselling in the recovery of patients after the surgical procedure.

**Materials and Methods:** The study recruited 30 patients with ASA grade 1 and 2, within the age group of 30-60 years 30 and 60 yrs. Patients of either sex were recruited in the study. After recruiting the participants, they were randomly divided into two groups. Group 1: (n=15): Counselling group – received counselling one day before surgery. Group 2: (n=15): Control group – no counselling was received.

**Results:** Majority of patients belongs to age group 30-40 years. Majority of participants were females with 66.66 percentage. Anxiety scores were not found significantly different between the groups. But the pain scores were significantly lower in intervention group when compared with control group.

**Conclusion:** The study results support that the counselling is effective in the management of recovery of the patients who underwent surgeries. Further detailed studies are necessary in this area for further supporting inclusion of counselling in the clinical setting.

**Keywords:** counselling, surgery, stress, anxiety, pain

### Introduction

Preparing the patients regarding the medical procedures has gained immense importance in recent years. When patient is counselled well and given adequate information regarding the procedure he has to undergo, he will be more cooperative to the physician. This will ease to perform the surgery and also results in speedy recovery as the patient is well cooperative. It was reported that counselling the patient before the surgery was given better results than those were not counselled. When patient is explained about the anesthesia, its procedures and its effects, it clarifies all his queries so that he will be satisfied with the procedures. Hence, counselling has immense role in the medical field. Well trained individuals are needed for this task to be accomplished successfully. Though it was well known that counselling is very effective, limited studies are existing in this topic. Hence, the present study was undertaken to observe the effectiveness of counselling in the recovery of patients after the surgical procedure.

### Materials and methods

**Study design:** Observational study

**Sampling method:** Convenient sampling

**Study population:** The study recruited 30 patients with ASA grade ½, within the age group of 30-60 years 30 and 60 yrs. Patients of either sex were recruited in the study. Informed consent was obtained from all the participants and confidentiality of data was maintained. Patients with severe complications were excluded from the study. Unwilling participants were excluded from the study. After recruiting the participants, they were randomly divided into two groups.

Group 1: (n=15): Counselling group – received counselling one day before surgery

Group 2: (n=15): Control group – no counselling was received

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### Data collection

All participants underwent thorough physical examination. Demographic data was recorded from the patients. To assess recovery, patients stress levels and pain scores were recorded using standard methods in the literature <sup>[4]</sup>.

**Ethical considerations:** The study proposal was approved by the institutional ethics committee after satisfying the queries adequately. The study followed all the guidelines as per the ICMR guidelines. Written informed consent was obtained from all the parents of the participants before the commencement of the study. Information related to the patients was kept confidential.

### Data analysis

The statistical software SPSS 18.0 version was used to analyze the data. Data was expressed as frequency and percentage. Student t test was applied to test significance of the results. Probability value less than 0.05 was considered significant.

### Results

Table no 1 presents demographic data of the patients. Majority of patients belongs to age group 30-40 years. Table no 2 presents gender wise details. Majority of participants were females with 66.66 percentage. Table no 3 presents the STAI and VAS scores of control and intervention groups. Anxiety scores were not found significantly different between the groups. But the pain scores were significantly lower in intervention group when compared with control group.

**Table 1:** Demographic data of participants with respect to age (n=30)

Age (years)	Frequency	Percentage
30-40	10	33.33
41-50	12	40
51-60	8	26.66

Data was presented as frequency and percentage

**Table 2:** Demographic data of participants with respect to gender (n=30)

Gender	Frequency	Percentage
Male	10	33.3
Female	20	66.6

Data was presented as frequency and percentage

**Table 3:** STAI and VAS score in intervention and control groups (n=30)

	Frequency	Percentage	P value
STAI	42±7.45	38±5	0.0953
VAS	4±0.32	7±2.2	0.0001***

Data was presented as mean and SD (\*\*\*P<0.001 is significant)

### Discussion

Though it was well known that counselling is very effective, limited studies are existing in this topic. Hence, the present study was undertaken to observe the effectiveness of counselling in the recovery of patients after the surgical procedure. Table no 1 presents demographic data of the patients. Majority of patients belongs to age group 30-40 years. Table no 2 presents gender wise details. Majority of participants were females with 66.66 percentage. Table no 3 presents the STAI and VAS scores of control and

intervention groups. Anxiety scores were not found significantly different between the groups. But the pain scores were significantly lower in intervention group when compared with control group. Anxiety of the patient is one of the key inhibitors for recovery after surgery and also it has an impact on the outcome of the surgical procedures. Hence, it is need of time to reduce anxiety before the surgery. There are multiple methods for this but most apt and cost effective and very effective method is counselling. During counselling, there will be direct verbal interaction between the patient and the counsellor. The counsellor is an expert person so that he can clarify all the doubts of the patient and satisfies him regarding the procedures he is going to undergo. This reduces the anxiety of the patient and increases the outcome of the procedure. Earlier studies reported that counselling is highly effective in the clinical setting and results in fast recovery of the patient. The present study also observed similar results as in the earlier studies. However, as the study was conducted at one center, generalization of results is not possible. Multi center studies are recommended in this area.

### Conclusion

The study results support that the counselling is effective in the management of recovery of the patients who underwent surgeries. Further detailed studies are necessary in this area for further supporting inclusion of counselling in the clinical setting.

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