

## 降低高齡患者麻醉前焦慮之方案

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### 摘要

本方案旨在降低高齡患者麻醉前焦慮。高度焦慮會延緩傷口癒合、增加相關合併症，進而影響住院天數，尤以高齡患者為甚。依據台灣東部某一醫院現況調查發現：31.2%接受麻醉之患者為 65 歲以上的老人，麻醉前焦慮的主因包括對陌生的環境感到焦慮、對麻醉過程不清楚、人員的溝通與態度和手術相關疼痛。經文獻查證分析後進行解決方案：一、製作麻醉多媒體衛教光碟；二、運用老人強化關懷照護技巧。經過三個月的改善方案結果顯示：一、「術前焦慮量表」由 3.06 降為 1.51 分；二、「焦慮數字量表」由 7.40 降為 4.40 分；三、麻醉衛教滿意度由 2.41 提升至 4.16 分。此方案顯示多媒體衛教光碟與老人強化關懷照護技巧確實能有效降低高齡患者麻醉前的焦慮和增加滿意度。

關鍵字：高齡患者、麻醉前焦慮、多媒體衛教光碟

## **Project of decreasing the preanesthetic anxiety for the elderly**

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### **Abstract**

The purpose of this project is to decrease the preanesthetic anxiety for the elderly. A high degree of anxiety would delay the process of wound healing, increase related complication and result in prolong length of stay in the hospital, especially in the elderly. According to the data from a hospital in eastern Taiwan, 31.2% of patients whom have received anesthesia were over the age of 65. The main factors resulted in preanesthetic anxiety include anxiety of unfamiliar surrounding, lack of knowledge about the process of anesthesia, poor communication and attitude from health care providers, and pain related to the operation. Based on literature review, interventions were designed and used to decrease the preanesthetic anxiety. The intervention project included: 1. offering the multi-media anesthesia educational digital videodisc. 2. using elderly specific caring skill for patients. After three months of improvement shows: 1. preanesthetic anxiety scale decreased from 3.06 to 1.51; 2. anxious analog scale decreased from 7.40 to 4.40 ; 3. satisfaction of anesthesia education increased from 2.41 to 4.16. In conclusion, the project revealed that the use of a multi-media anesthesia educational digital videodisc and elderly specific caring skills could decrease patients' the preoperative anxiety and increase overall satisfaction.

Keywords : the elderly 、 preanesthetic anxiety 、 the multi-media anesthesia educational digital videodisc.