



### The Effect of Preparatory Education to Reduce Anxiety in Pre-Surgery Adult Patients in Shahriar Hospital, Tehran, in 2014

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#### **Abstract**

Surgery can be stressful situation and anxiety can cause signs such as tachycardia, hypertension and post-operation bleeding. The necessary information about surgery can help the patient and medical team to reduce anxiety. This experimental study was done in Shahriar hospital in Tehran and 110 patients chosen and randomly divided into two interventional and control groups. Intervention was done through giving information booklet and educational program to the interventional group. Significant differences were seen between the experimental group and control group in the level of anxiety one hour before surgery. Mean systolic and diastolic blood pressures at one hour before surgery in the intervention group were 14.5 and 8.6 and in the control group were 16.3 and 9.1 mm Hg respectively. The results showed a significant difference between the experimental and control group. According to the findings of the study it is suggested that in the process of admitting and in the night before surgery, in addition to routine examination and testing, the patients should be educated. Therefore, undesirable effects, anxiety and postoperative recovery period will be reduced.

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