

**THESIS TITLE : EFFECTS OF PREPARATORY INFORMATION ABOUT  
PROCEDURES, SENSATIONS, AND BEHAVIORAL  
INSTRUCTIONS ON ANXIETY, PAIN, AND DISTRESS  
IN CARDIAC VALVULAR REPLACEMENT PATIENTS**

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#### **ABSTRACT**

This Quasi-experimental research aimed to study the preparatory information about procedures, sensations, and behavioral instructions on anxiety, pain, and distress in cardiac valvular replacement patients. The conceptual framework for this study was constructed based on Leventhal and Johnson's theory of Self-regulation.

The sample of 30 valvular heart disease patients was drawn, by some selected criteria, from a population of patients admitted for cardiac valvular replacement surgery in Srinagarind Hospital, Khon Kaen University during August 1997 and February 1998. Each patient was randomly assigned into either experimental or control group. There were 15 patients in each group. The patients in the experimental group received the preparatory information about procedures, sensations, and behavioral instructions whereas those in the control group did not.

Preparatory information, considered to be an appropriate nursing intervention, was constructed by the researcher to be provided to the patients. It consisted of three

main types of information including procedural information, sensory information, and behavioral instructions. The preparatory information was given to the patients through video presentation which was divided into 2 sessions. The tape was shown to the patients in two consecutive evenings.

The instruments used in this study were : The State Anxiety (Form X-I), Pain and Distress Scale, and Pain Behavior Observation Scale developed by the researcher.

Pre-test for anxiety was carried out with both groups on the day of admission for the surgery. The preparatory information was given to the experimental group on the day of admission and 1 day after the admission. Post-test for all the above variables was then conducted with both groups on the first 48 and 72 hours after the surgery.

Data were analyzed using t-test, Chi-square test, Fisher exact probability test, and Mann-Whitney U test.

Results indicated the following :

1. The patients who received preparatory information had significantly lower mean score on anxiety than the patients who did not receive preparatory information at  $P < 0.01$ .

2. The patients who received preparatory information had significantly lower mean score on pain than the patients who did not receive preparatory information at  $P < 0.01$ .

3. Among the patients who received preparatory information, there was significantly lower number than those who did not receive preparatory information; in showing facial reaction, vocalization, movement, and social interaction; to pain at  $P < 0.05$ .

4. The patients who received preparatory information had significantly lower mean score on distress than the patients who did not receive preparatory information at  $P < 0.05$ .

The number of doses of analgesics taken by patients in the experimental group in 48 to 72 hours after the surgery, was significantly less than that of the control group at  $P < 0.05$  whereas there was no significant difference during the first 48 hours after the surgery.