

# **The effect of preoperative education on anxiety and acceptance of spinal anesthesia among mothers undergoing elective cesarean section**

## **Abstract**

**Background:** Regional anesthesia is choice for elective cesarean section. On the other hand preoperative anxiety is a common problem in all kind of surgeries. The most common reason for anxiety and refusing the choice anesthesia is lack of information or having incorrect information.

**Aim:** Here, we examined the effects preoperative education on anxiety and acceptance of spinal anesthesia among mothers undergoing elective cesarean section.

**Materials and Methods:** Seventy parturient undergoing elective cesarean section were elected accidentally and divided in 2 groups A and B.

These parturients were in the age of 20 to 35 year old with gestational age more than 38 weeks. Also there were not any special situations affecting on mother and fetus health and any situation leading to emergent cesarean section. Group A was referred to anesthesia clinic and took educations about the procedure and advantages and disadvantages of different anesthesia methods. No education was performed for group B. In the operation room both groups were evaluated about preoperative anxiety with APAIS and Hamilton anxiety scale and spinal anesthesia acceptance was compared with control group.

**Results:** education reduced parturients' anxiety in operation room and increased spinal anesthesia acceptance significantly.

**Conclusion:** Our results suggested that referring parturients undergoing elective cesarean section to anesthesia clinic and educating them cause reduction of anxiety and general anesthesia and need to sedations.

***Key words:*** preoperative anxiety, spinal anesthesia, preoperative education, Amsterdam preoperative anxiety and information scale