

## البحث الثاني

# **Effectiveness of Structured Teaching Program on Knowledge, Anxiety State and Tolerance for Patients with Gastrointestinal Endoscopy: Randomized Controlled Trial**

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Gastrointestinal endoscopy is a fairly safe and well-tolerated procedure. However, high levels of pain or discomfort have been associated with less satisfaction. Patients often experience anxiety prior to gastroscopy due to fear. Inadequate information about gastroscopy may lead to hampers compliance and decrease the patients' tolerance.

Adequate information improves the cooperation of the patient to procedure and reducing fear and anxiety and hospital stay of patients with gastro-intestinal disorders undergoing these procedures.

### **Aim of the study:**

This study aimed to evaluate effectiveness of structured teaching program on knowledge, anxiety state and tolerance for patients with gastrointestinal endoscopy.

### **Research hypotheses:**

It is hypothesized that the structured teaching program will have a positive effect on knowledge, anxiety status and tolerance of patients with gastrointestinal endoscopy.

## **2. Subjects and methods:**

### **Study design and setting:**

A quasi experimental study design with pre and post assessments was used in this study to fulfill the aims of this study. This study was carried out at the digestive tract endoscopy unit at Mansoura University Hospital in Egypt.

### **Tool:**

The following tools were utilized to collect data pertinent to this study:

**Part 1: Socio-demographic and Medical data:** was designed by the researcher to personal characteristics.

**Part 2: Endoscopy Knowledge Assessment:**

This tool was developed by the researcher based literature review to assess the knowledge. The sheet fulfill with 20 minutes.

**Part 3: Anxiety Assessment Scale:** was adopted from Spielberg, (1983), It consists of 40 items, designed to measure anxiety. STAI requires approximately 10 -15 minutes to complete

#### **Part 4: Tolerance Assessment Sheet (TAS):**

It was developed and written in Arabic language by the researcher after reviewing relevant literature. The questionnaire consisted of ten items. It included pain, discomfort (nausea, vomiting), attempting to grasp the endoscope, and attempts to remove the tube, total procedure time spent, shout during the procedure, etc. The tolerance score was interpreted as poor, moderate or good.

#### **The main results obtained were as follows:**

- This study illustrated that statistically significant improvements in all aspects of patients' knowledge regarding endoscopy after the implementation of the program at the posttest ( $p < 0.001$ ).
- This study stated that statistically significant improvement in level of anxiety from base line to post program implementation.
- This study revealed that revealed statistically significant positive correlations between patient's knowledge scores and anxiety level and tolerance with procedure ( $p < 0.05$ ).
- The finding of study illustrated that statistically significant negative correlations between patients' age and of knowledge and anxiety level. There are statistical significantly between education level and knowledge ( $p < 0.05$ , respectively).
- Results of this study stated that significant statistically correlation between tolerance levels and knowledge level ( $p < 0.001$ ).
- There were no statistically significant relations were found between knowledge and gender in study group.

#### **Conclusion and recommendations:**

Preparatory guideline intervention was an effective method to decrease the anxiety and increase the tolerance of the patients subjected to gastroscopy.

This study is recommended that replication of the current study on a larger probability sample from which geographical areas, to achieve generalizable results. Also an Arabic guide should be distributed to endoscopy patients prior the procedure.

توقيع مقدم البحث

مقدم البحث

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