Addressing Anxiety in the Pediatric Cardiac Transplant Population
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**Background**
- Most common anxiety symptoms in children awaiting transplant are distress, fear, behavioral issues, depression, phobia and adjustment disorders.
- Untreated anxiety can directly impact health related outcomes.

**Purpose**
- **PICO-** In the pediatric heart transplant population of patients aged 10-17, who deal with pre-and post-surgical anxiety, what is the effect of implementing an educational tool kit for nurses caring for those patients.
- **Aim** - To improve nurse’s learning about emotional health to respond to symptoms of acute emotional distress and to compare anxiety scores of patients pre-and post intervention for the nursing staff.

**Methodology**
- **Design** - Quantitative data gathered using GAD-7 anxiety tool along with a nursing needs assessment of knowledge and comfort level. Data was gathered both pre- and post surgery and intervention.
- **Setting** - Cardiac progressive ICU, Cardiac Progressive step-down unit and outpatient Heart Institute.
- **Sample** - Pediatric cardiac transplant patients both pre-and post-operation, CV ICU nurses and CPU nurses.

**Intervention**

**Results**
- Education was presented to 64 bedside nurses during unit huddles
- Positive feedback received from all staff
- GAD-7 was administered to 10 pre-operative/pre-education patients.
- 60% of patients scored high pre-op
- GAD-7 was administered to 3 post-operative/post-education patients.
- 10% of patients scored high post-op

**Conclusion**
- Improved knowledge increases changes in caregiver attitudes.
- A clear, defined conclusion is not able to be drawn due to a small sample size post-education.
- The C.A.R.E. model can be implemented with every patient encounter.

**Recommendations**
- Continue with Psychosocial assessments for all transplant patients
- Continue to promote learning on use of the C.A.R.E. Model
- Include all medically compromised diagnoses for future research on pediatric anxiety