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An Audio-Visual Distraction Technique for a Burn Surgical Patient

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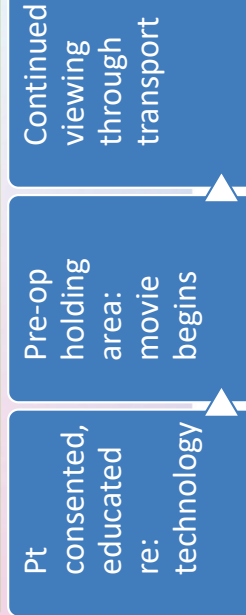
Background

- Benzodiazepines like Versed – used for anxiety
 - Contribute to feelings of sleepiness and longer wake-up time post-op
- Informal experience in OR yielded increased patient satisfaction and decreased anxiety when a movie was played during induction
 - Studies have proven that audio-visual distraction (AVD) minimizes anxiety in pediatric and adult cohorts
- Substituting this AVD technique could decrease/eliminate the need for benzos and cut down time in the post-anesthesia care unit (PACU)
 - Quantifiable way to test AVD benefits

Objective

To compare the time spent in the PACU between patients receiving the movie intervention and those receiving standard of care.

Methods



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Here, no Versed drug given

Results

- Project awaiting Institutional Review Board (IRB) approval
- Delays: wanted to take the time to choose the best evaluation system
 - Originally hoped to measure anxiety
 - Financial impact correlated most directly to the time in the post-anesthesia care unit (PACU)
- Qualitative experience had already proven patient benefits



Patient viewing movie as AVDT

Image courtesy of Jill M. Krystofinski, with patient consent

Conclusions

- Ideally, decreasing the need for anti-anxiolytics would result in a clinically meaningful reduction in PACU time
 - Current average: 71 minutes
 - Target: **45 minutes** in the PACU

Future Directions

- Examine patient anxiety and satisfaction as a primary outcome and correlations to reimbursement
- Examine whether oral passes (NPO) time and how this may impact length of stay
- Compare Aldrete scores between control and experimental groups to determine how this affects length of stay

References and Acknowledgements

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2. McManon, O., Athanassoglou, V., Gallizine, S. (2021). "Audiovisual distraction as an anxiety-minimizing adjuvant to regional anesthesia in adult limb surgery." *J. Visual Communication in Medicine* 44(4): 166-173. doi:10.1080/174653054.2021.1962701.

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