

A descriptive study to assess the level of anxiety and attitude among the patients undergoing for endoscopy at gastro OPD in Shri Mahant Indiresht hospital, Patel Nagar, Dehradun.

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Abstract: A Descriptive study was undertaken to assess the level of anxiety and attitude among the patients undergoing for endoscopy at Gastro OPD, in Shri Mahant Indiresht Hospital, Patel Nagar, Dehradun. The objective of the study is to assess the anxiety level and the attitude level among the patient undergoing endoscopy at Gastro OPD, Shri Mahant Indiresht Hospital, Patel Nagar, Dehradun. **Method-** the descriptive methodology was applied to achieve the objective of the study. A convenient sampling technique was used for 100 patients in Gastro OPD. Data were collected with structured questionnaire which consist 25 questions with five options. The conceptual framework is information behaviour model which is given by Wilson in 1996. **Result and conclusion;** the conclusion was derived from the finding from the study. The following anxiety conclusions were drawn from the study. 1% patient had not any anxiety regarding endoscopy. 14% patient had mild anxiety regarding endoscopy. 36% patient had moderate anxiety regarding endoscopy. 27% patient had severe anxiety regarding endoscopy. 22% patient had very severe anxiety regarding endoscopy. The following attitude conclusions were drawn from the study. 80% patient had favourable attitude regarding endoscopy. 20% patient had unfavourable attitude regarding endoscopy.

Key Words: Anxiety, Attitude, Endoscopy Patients.

1. INTRODUCTION:

“ Tears came out of her eyes when he kept forcing it down her throat she unable to do anything, hoping it to end soon”.

- **Rishabh Bhargava**

Endoscopy are frequently used to diagnosed and treat many gastrointestinal disease. However, these procedure may cause some difficulty for patients such as pain, tachycardia and in some cases, even temporary de saturation. All these difficulties may have a significant psychological impact on the patient and may cause an increase in anxiety level. many risk factors have been associated with high level of anxiety. Identified different variables related to low level of anxiety. Male gender, already performed endoscopic examination, low education, low income and advanced age. different approaches can be used to reduce anxiety during endoscopy, ranging from the use of information material to relaxation techniques. As the main cause of anxiety is the lack of knowledge about the procedure patient with necessary information can enhance their endoscopy related knowledge, alleviated their anxiety and improve their satisfactory.

2. NEED OF THE STUDY:

Endoscopy can evoke anxiety embarrassment and discomfort. lack of knowledge is the main reason for the increasing in anxiety. Endoscopy can have adverse psychological effect like anxiety. it is known that any examination can cause anxiety and worry. Measuring patient attitude to endoscopy can be undertaken through a number of approaches with contrasting and benefit and limitation.

To assess the level of anxiety and attitude of the patient having endoscopy at gastro OPD at Shri Mahant Indiresht hospital, Patel Nagar, Dehradun.

Anxiety and attitude variation depending upon gender age and body mass index. Assess the impact of endoscopic examination on anxiety level and attitude of patient and look for association between level of state and trait anxiety and different variable in order to identify people most at risk of developing complication. Current research works on the endoscopic collection of dimensional 3d-data, such as using laser triangulation or the approach of structured light projection. other emerging endoscope technologies are emerging that measure additional optical properties of light, such as optical polarization, optical phase and hyper spectral endoscopy, which records images at many different wavelengths. during endoscopy procedure, patients usually have high anxiety level because of this patient suffer from various symptoms like palpitation, irritation, sweating and nausea vomiting. Patient may have different attitudes regarding

endoscopy. So, I have planned for assessing the level of anxiety and attitude for the patient undergoing endoscopy procedure.

2. OBJECTIVES OF THE STUDY:

To assess the level of anxiety and attitude among patient undergoing endoscopy at Gastro OPD in Shri Mahant IndiresH Hospital.

3. MATERIAL AND METHODS:

A description research design was used to assess the anxiety level and attitude in patient having endoscopy in GASTRO OPD patient. A total 100 sample was selected for this study in this convenience sampling method was used in this study. Description of demographic data It contains 12 items for obtaining information regarding age, religion, gender, education, marital status, type of family, occupation, source of information, purpose of endoscopy, family history of any endoscopy, any anxiety disorder, cultural beliefs towards endoscopy . It is the second most effective method to gather data. A detailed questionnaires covering queries on attitude and anxiety level regarding patient attending endoscopy in gastro OPD .It is illustrated in the appendix part total 25 questions of anxiety and 25 question of attitude were given to gastro OPD patient for collection of data scoring category. Data Collection were planned to be analysed using descriptive statistics as percentage to assess the anxiety level and attitude regarding endoscopy among gastro OPD. The data was presented in the form of table and figures.

Table1

Frequency and Percentage Wise Distribution of Endoscopy According To Their Level of Anxiety N-100

LEVEL OF ANXIETY	TOTAL NO. OF SAMPLE	PERCENTAGE (%)
Not Present	1	1%
Mild	14	14%
Moderate	36	36%
Severe	27	27%
Very Severe	22	22%

Maximum Score- 125, Minimum Score- 1

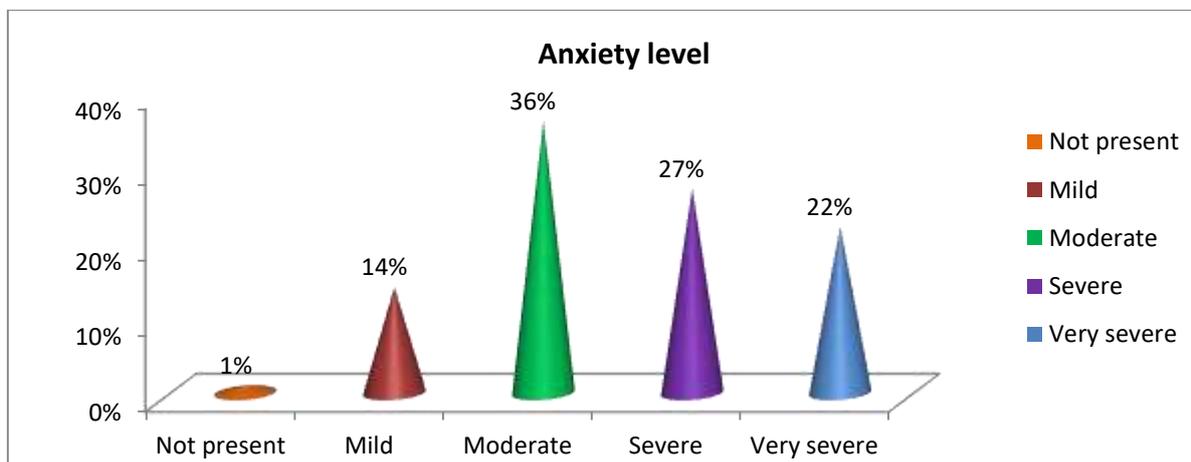


Figure 1. Bar Diagram Showing The Percentage Wise Among Patient Attending Endoscopy In Gastro OPD According To Their Level Of Anxiety.

Table.1.1

Percentage Wise Distribution Of Endoscopy According To Their Level Of Attitude N-100

LEVEL OF ATTITUDE	TOTAL NO. OF SAMPLE	PERCENTAGE (%)
Favorable Attitude	80	80%
Unfavorable Attitude	20	20%

Maximum Score-125

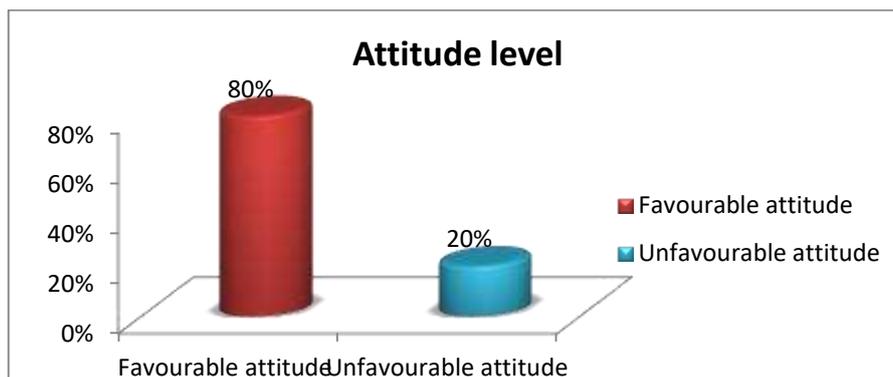


Figure.1.1 Bar diagram showing the percentage wise distribution among patient attending endoscopy in gastro OPD according to their level of attitude.

4. FINDINGS OF THE STUDY:

For Anxiety:

- 1% patient attending gastro OPD had no anxiety.
- 14% patient attending gastro OPD had mild anxiety.
- 36% patient attending gastro OPD had moderate anxiety.
- 27% patient attending gastro OPD had sever anxiety.
- 22 % patient attending gastro OPD had very sever anxiety.

For Attitude

- 80% patient attending gastro OPD had favourable attitude.
- 20% patient attending gastro OPD had unfavourable attitude.

5. CONCLUSION:

The conclusion was derived from the finding from the study. the following conclusions were drawn from the finding of the study. The patient who attended gastro opd, 1% of them had no anxiety, 14% of them had mild anxiety, 36% of them had moderate anxiety, 27% of them had severe anxiety, 22% of them had very severe anxiety. The patient who attended gastro opd, 80% of them had favourable level of attitude, 20% of them had unfavourable attitude.

6. RECOMMENDATION:

- A study can to under taken on large sample for making a more valid generalised.
- A study can be conducted on other aspect of endoscopy among people attending gastro OPD.
- Other method of teaching can be adopted to decrease level anxiety among gastro OPD.
- An experimental study may be under taken with control groups.
- A study can be conducted to assess level of tolerance among people attending gastro OPD.

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