

# Reducing Anxiety In Staff Caring For Patients With Tracheostomies: A Multi-modal Simulation Study Day

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## Background

Despite being one of the oldest medical procedures known, tracheostomies still cause medical professionals a great deal of anxiety<sup>1-3</sup> (Figure 1)

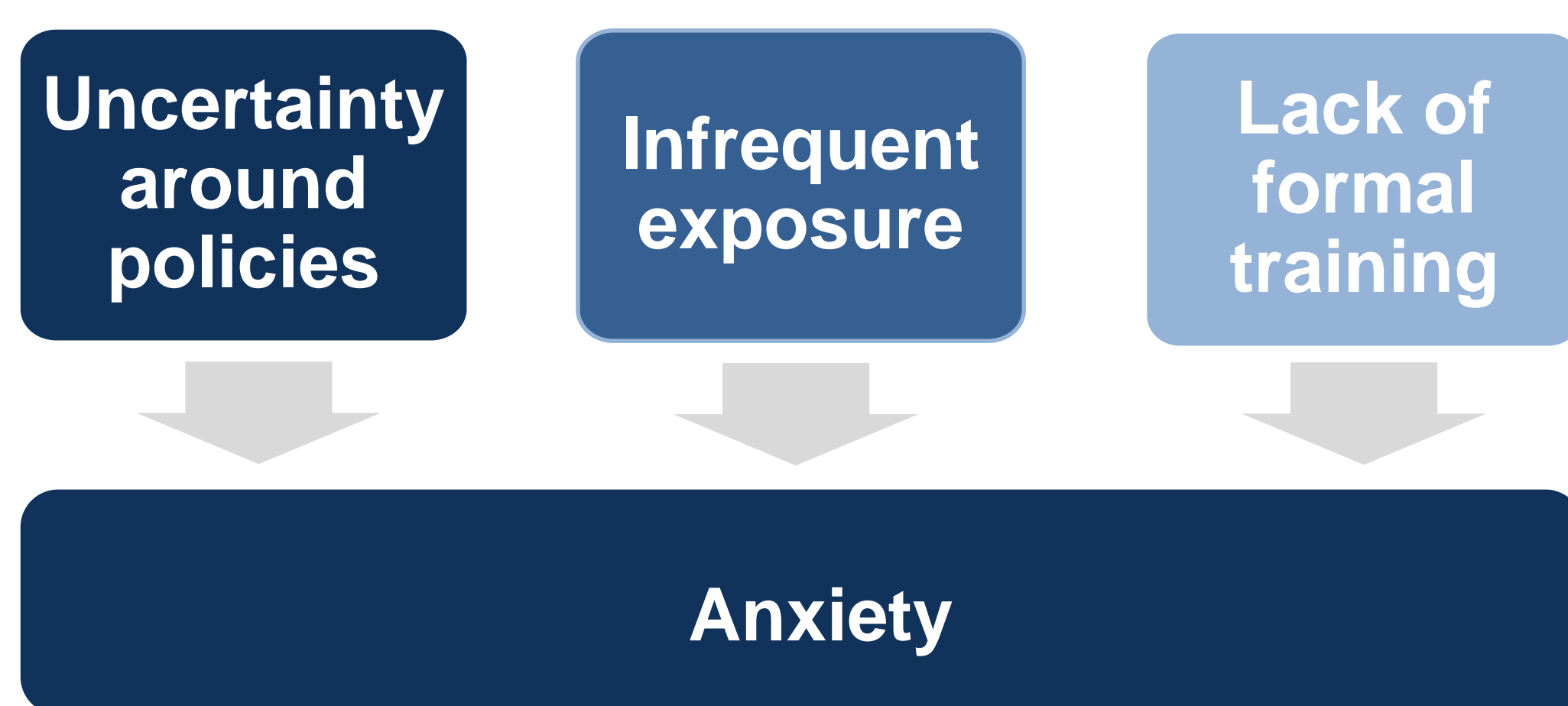


Figure 1

## Aim

We developed an inter-disciplinary tracheostomy day and assessed whether participation in the course reduced anxiety levels (Figure 2 for outline)

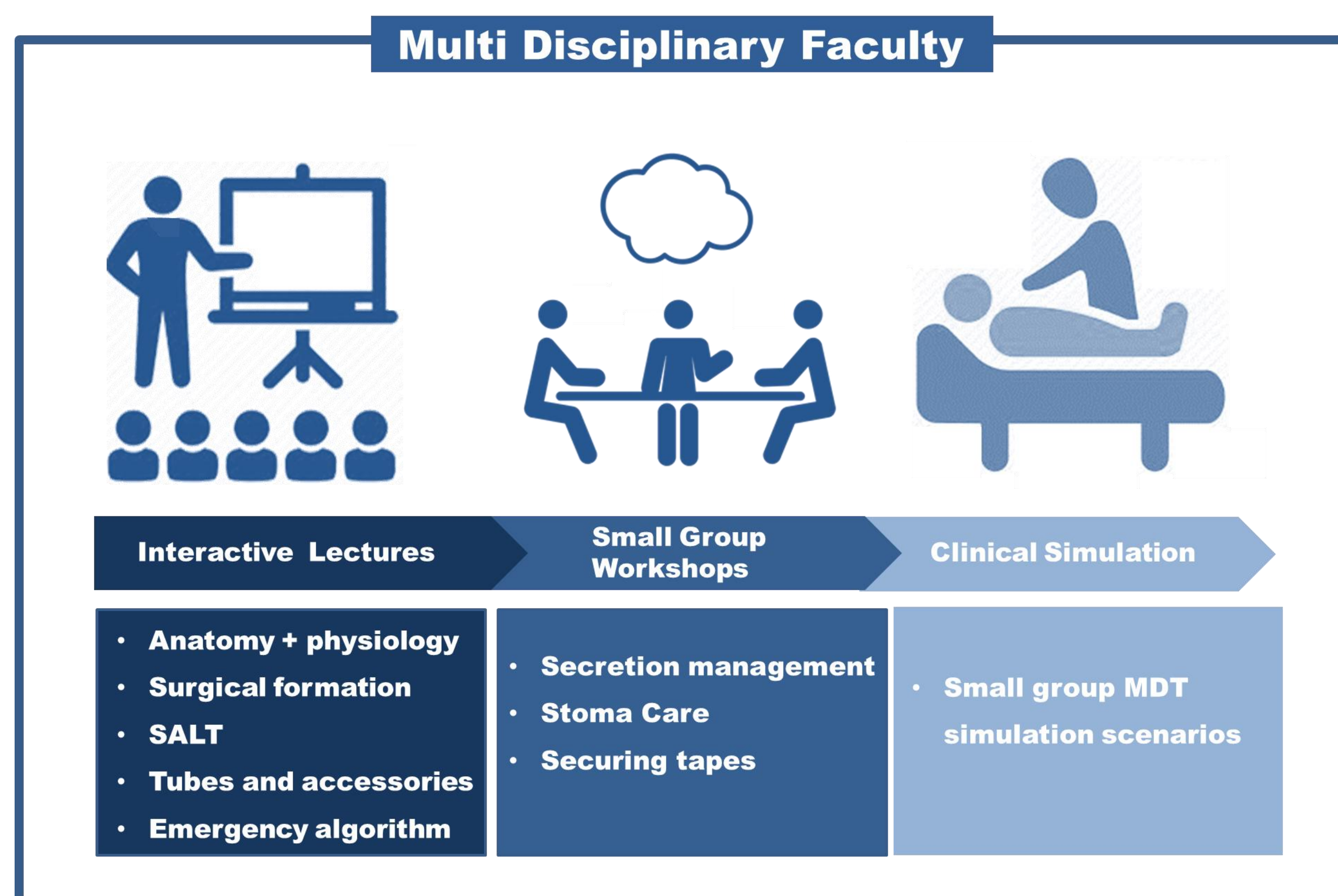


Figure 2: Study Day Outline

## Results

- We ran five study days with a total of 70 participants (86% nurses from Staff nurse to Nurse consultant; 11% Doctors from FY1-Registrar; 1% HCA; 1% Physician's associate)
- Pre and post course anxiety scores averaged 9.8 and 8.4 respectively from a possible 24 ( $p=0.002$ )
- 77% of participants felt moderately or very confident in caring for patients with tracheostomies after completing the course
- The course was very well received (Figure 3)
- Free text comment analysis: anxiety relates to lack of previous experience and the 'high stakes' involved in any complications that may arise
- Feedback improved from course to course as we incorporated the participants feedback

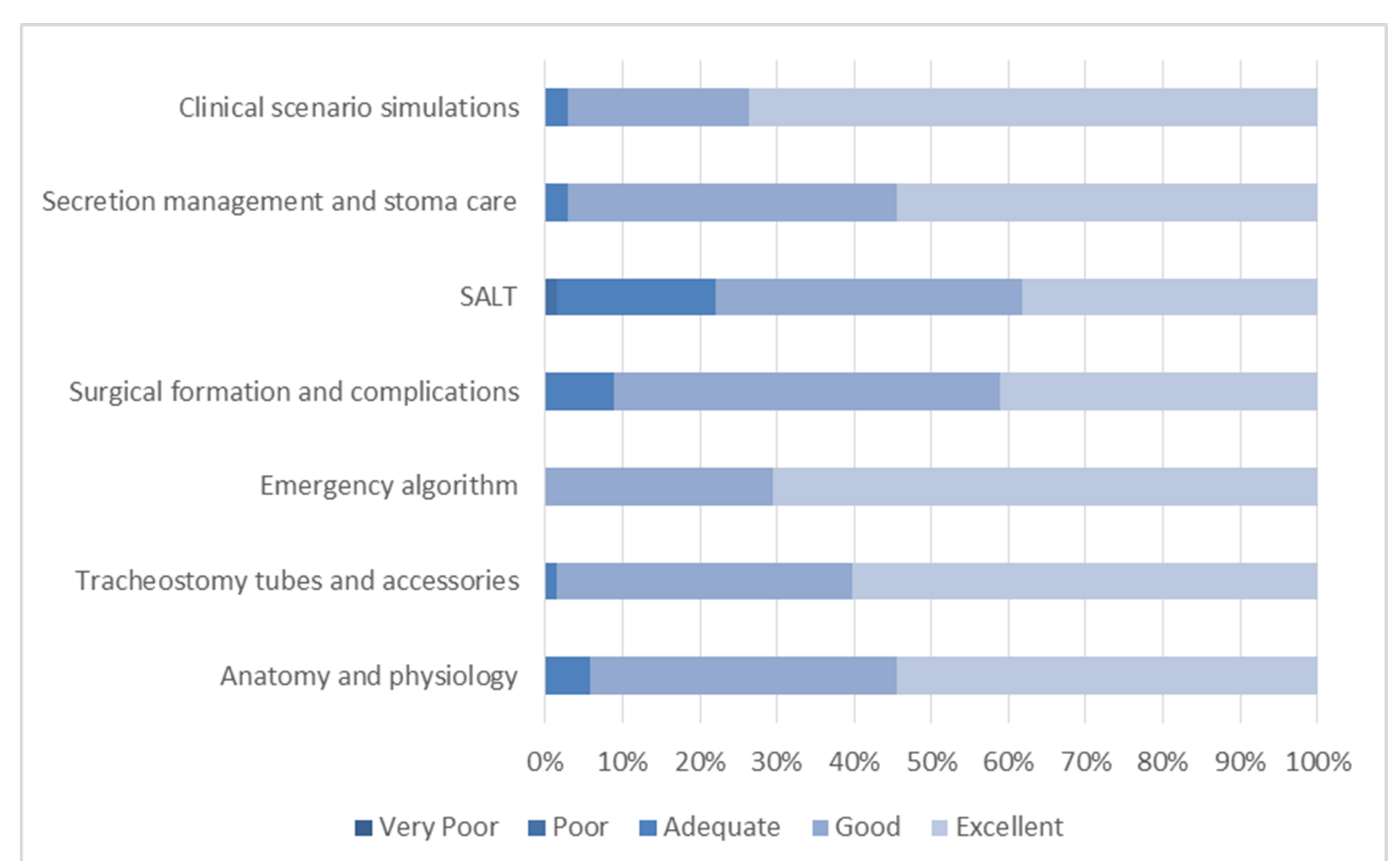


Figure 3: Participant Feedback on Individual Sessions

## Methods

- Pre and post course questionnaire
- Modified Spielberger State-Trait Anxiety Inventory<sup>4,5</sup>
- Data collected anonymously, analysed using Excel
- Means were compared using student t-test ( $p$ -value  $<0.05$ )
- Free text comments analysed into themes using a pragmatic approach to framework analysis

## Discussion

- Staff are anxious about caring for patients with tracheostomies due to lack of exposure and experience
- A multi-modal tracheostomy study day can lead to a reduction in anxiety
- Does reduced anxiety lead to improvement in performance?
- Future directions: Working with other local trusts to deliver outreach tracheostomy courses

## References

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