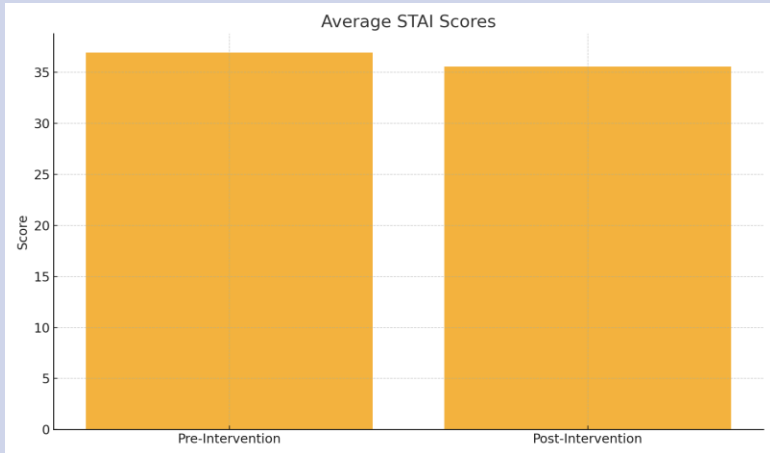



Preoperative Spinal Anesthesia Education for Mothers Undergoing Cesarean Sections and the Effect on Maternal Anxiety

Background	Setting/Project Design	Results						
<ul style="list-style-type: none">C-sections have become the most frequently performed surgery in the US.High levels of preoperative maternal anxiety can lead to negative physiologic changes, secondary to autonomic nervous system stimulation.	<ul style="list-style-type: none">467-bed, short term, acute care, non-profit hospitalLabor & Delivery unit consistently delivers roughly 5,000 babies annuallyA one-group pre- and post-intervention design.	<div><p>Average STAI Scores</p><table border="1"><thead><tr><th>Intervention Stage</th><th>Average STAI Score</th></tr></thead><tbody><tr><td>Pre-Intervention</td><td>~37</td></tr><tr><td>Post-Intervention</td><td>~35</td></tr></tbody></table></div> <div><p>Scan QR code to view interventional video</p></div>	Intervention Stage	Average STAI Score	Pre-Intervention	~37	Post-Intervention	~35
Intervention Stage	Average STAI Score							
Pre-Intervention	~37							
Post-Intervention	~35							

Conclusion: Presenting an educational video to mothers before their planned C-sections did decrease anxiety; however, a larger sample size may have led to results of greater statistical significance.