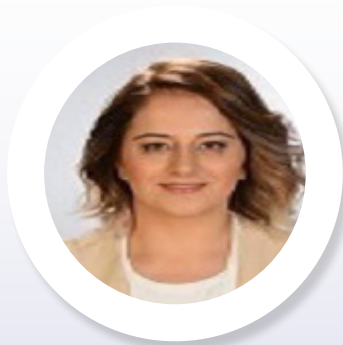


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The healing power of preoperative education in patients undergoing cardiac surgery

Cardiovascular disease has become a major public health issue worldwide. An estimated 17.7 million people died from CVDs every year, representing 31% of all global deaths. Over three quarters of CVDs deaths take place in low- and middle-income countries. Each year, approximately one million patients worldwide undergo cardiac surgery such as CABG, valve repair or replacement, aneurysm repairs, and arrhythmia surgery. Patients awaiting cardiac surgery may experience high levels of anxiety and significant symptoms of depression due to fears, worries and uncertainties about surgery. These can exacerbate symptoms of existing cardiovascular disease, adversely affect physiological parameters before and during anesthesia, and can result in prolonged recovery. The major nursing activity is to give preoperative education for the client who is prepared for surgery. Preoperative education has been used to improve patients' experiences by providing health care relevant information, coping skills, and psychosocial support before surgery. It has proven beneficial in decreasing postoperative complications and length of stay as well as positively influencing recovery. Patients who are well prepared with detailed preoperative instruction deal more effectively with their surgery and are better prepared to manage their pain and engage in appropriate self-care activities. It is important to minimize postoperative complications, increase patient compliance, and decrease patient anxiety. Many research studies have investigated whether preoperative education interventions were successful in improving postoperative outcomes and increasing physical and psychological recovery after cardiac surgery. There is a growing attention in knowing the significance of preoperative education after cardiac surgery. The aim of the study is to explain the effects of pre-operative training on healing in patients undergoing cardiac surgery.

Biography

Selda Mert Boga is an Instructor at Kocaeli University. She has interest in issues like surgical diseases nursing, nursing care, evidence-based nursing practices, patient or employee health and safety. She received her PhD in the Department of Surgical Nursing at Istanbul University in 2016. She is a member of Turkish Society of Surgical and Operating Room Nurses. Her research is focused on surgical diseases nursing, nursing care, evidence-based nursing practices. She has published more than 10 papers in important journals. She has been working as an educator for 11 years.

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