



# Research Week 2022

## Reduction of Perioperative Anxiety in Spanish-Speaking Children

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### Keywords

Pediatrics, Pediatric Anesthesia, Anxiety, Pre-Operative Anxiety, Cultural Humility, Language Barriers, Social Determinants of Health, Health Equity, Social Justice, Lack of English Proficiency (LEP).

### Abstract

Pre-operative anxiety is a common phenomenon among children and their parents with some studies suggesting it occurs in up to 50% of children who are undergoing surgery in the United States (U.S.). These higher levels of pre-operative anxiety correspond to worse post-surgical outcomes including increased pain, agitated emergence delirium, and maladaptive behavioral change. However, research has demonstrated that cultural consideration is necessary; Hispanic children with Spanish-speaking parents experience higher levels of pre-operative anxiety as compared to white children with English-speaking parents. This project is looking to identify an intervention for reducing pre-operative anxiety in Spanish-speaking children in order to improve their post-operative outcomes. Moreover, this study may identify a novel way of tailoring care for Spanish-speaking populations. We are exploring development of a language-concordant education-based intervention designed to showcase the perioperative experience at OHSU. Our hypothesis is: Spanish-speaking subjects who receive the language concordant educational intervention will have lower anxiety index scores than those who receive standard of care. Our goal is to de-mystify the surgical experience for Spanish-speaking children and their families in order to decrease anxiety and lead to better health outcomes post-operatively.