Does the use of a preoperative instructional video increase patient family preparedness for outpatient surgery?

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Background
- Preoperative preparation of a child and family for surgery involve multiple steps.
- Instructional videos have been shown to decrease parental anxiety.

Methods
- IRB exempt study
- Families of patients undergoing outpatient urologic procedures viewed a preoperative instructional video in urology clinic prior to the procedure [Video (V) group].
- V group was compared to a Standard Instruction (SI) group, which included families of patients having outpatient surgery who did not view the video.
- All patients in V and SI groups received a standard preoperative phone call the day prior to surgery.
- All families were asked to complete an online survey assessing preparedness for surgery and preferred modalities for preparation.

Results
- 619 families responded to the survey (29 in V group and 590 in SI group)
- In the V group, the median rating of video helpfulness was 5 (IQR: 4,5), on a 1-5 scale (5=most helpful).
- Comparing V and SI groups, there were no differences in feeling prepared for surgery (V: 29/29; SI: 566/578, p=1.0 by Fisher’s exact test)
- Comparing V and SI groups, there were no differences in understanding preoperative fasting instructions (V median=5, IQR=5,5; SI median=5, IQR=5,5; p=0.607 by rank-sum test)
- No respondents rated the video as the best source of information.

Conclusions
- Almost all respondents felt well prepared prior to surgery, regardless of whether video was viewed.
- Respondents rated the video as helpful, but did not consider it the best source of information when compared to the preoperative nurse phone call.
- This difference may be due to the broad nature of the video as opposed to the tailored phone call.
- It is feasible that the video could save personnel time because it performed as well as the nurse phone call.

References