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Introduction and Purpose

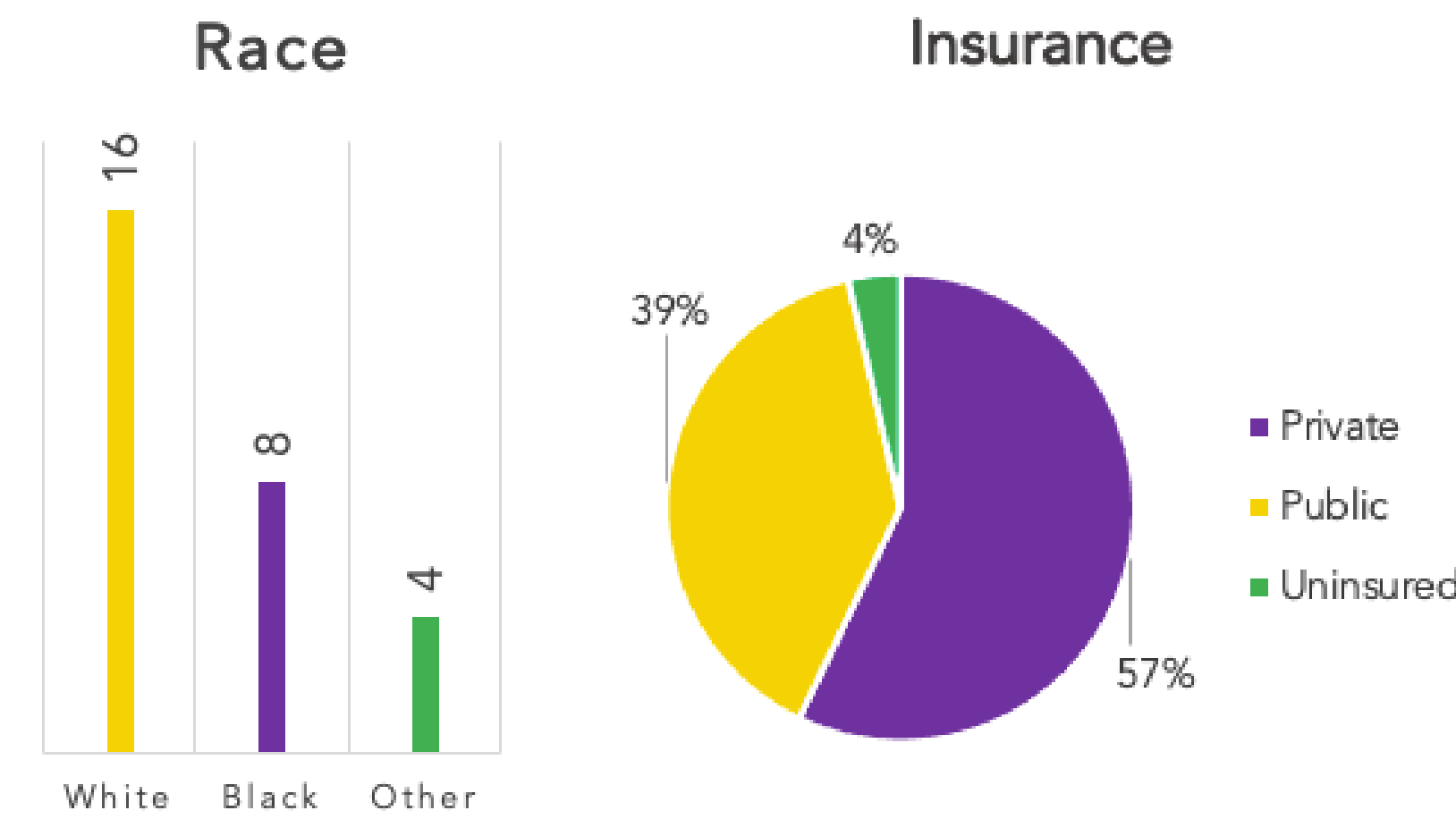
- Pediatric tonsillectomy and adenoidectomy are among the most commonly performed outpatient pediatric surgeries in the United States.¹
- Uncontrolled pain is the main cause of morbidity after tonsillectomy, which can lead to complications such as decreased oral intake, dehydration, dysphagia, and sleep disturbance.²
- Because most postoperative care is performed at home, presurgical education is crucial to reduce postoperative complications, emergency department visits, and patient/caregiver anxiety.
- This study aims to characterize the parent/caregiver preferences for and satisfaction with several common forms of preoperative education for tonsillectomy and adenoidectomy.

Materials and Methods

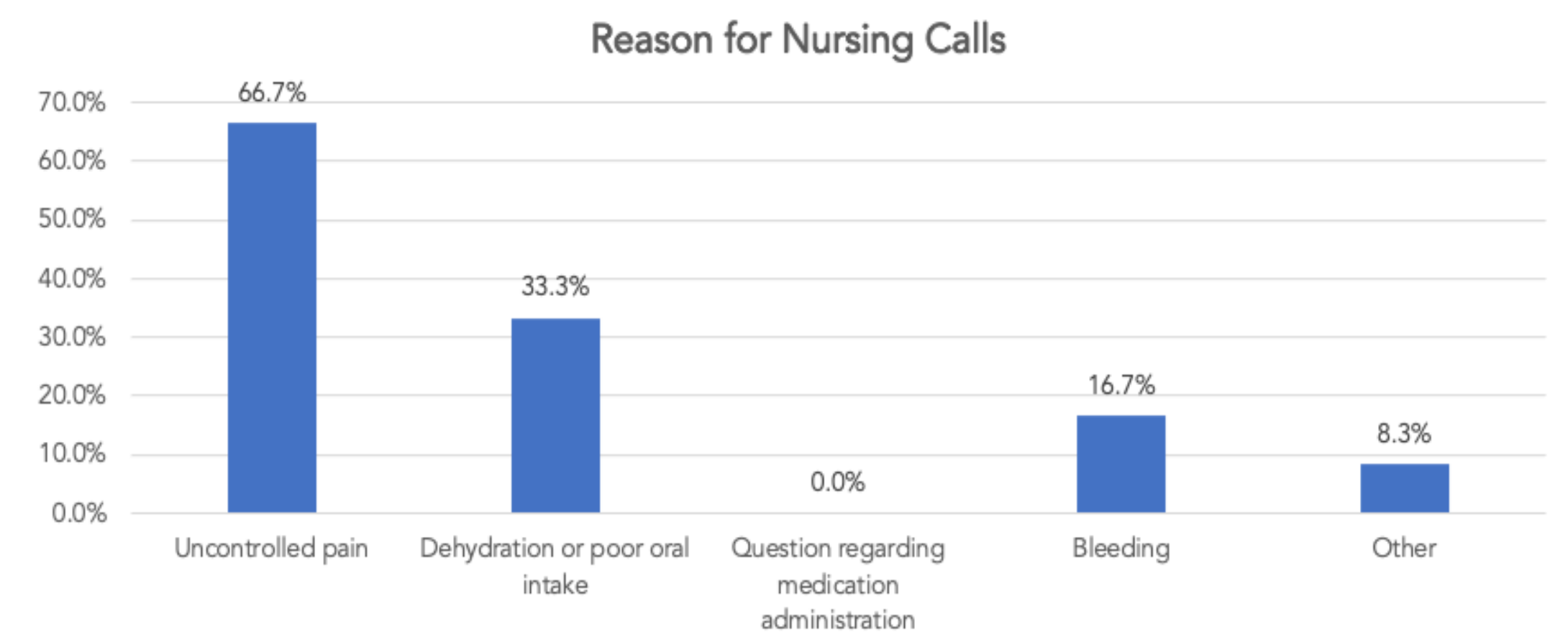
- Prospective study performed at a single academic tertiary care hospital from July to December 2022.
- Parents and caregivers of pediatric patients undergoing tonsillectomy and/or adenoidectomy completed a preoperative questionnaire and interview assessing their knowledge of tonsillectomy care, anxiety about the procedure, and educational materials used.
- A post-operative survey was given 4-6 weeks after the surgery.
- Adverse events during this timeframe were recorded.
- Daytime phone calls to nursing staff during this period were analyzed to ascertain the reason for call, nurse-perceived preparedness of the caregiver, and emotional impact on nursing staff.

Results

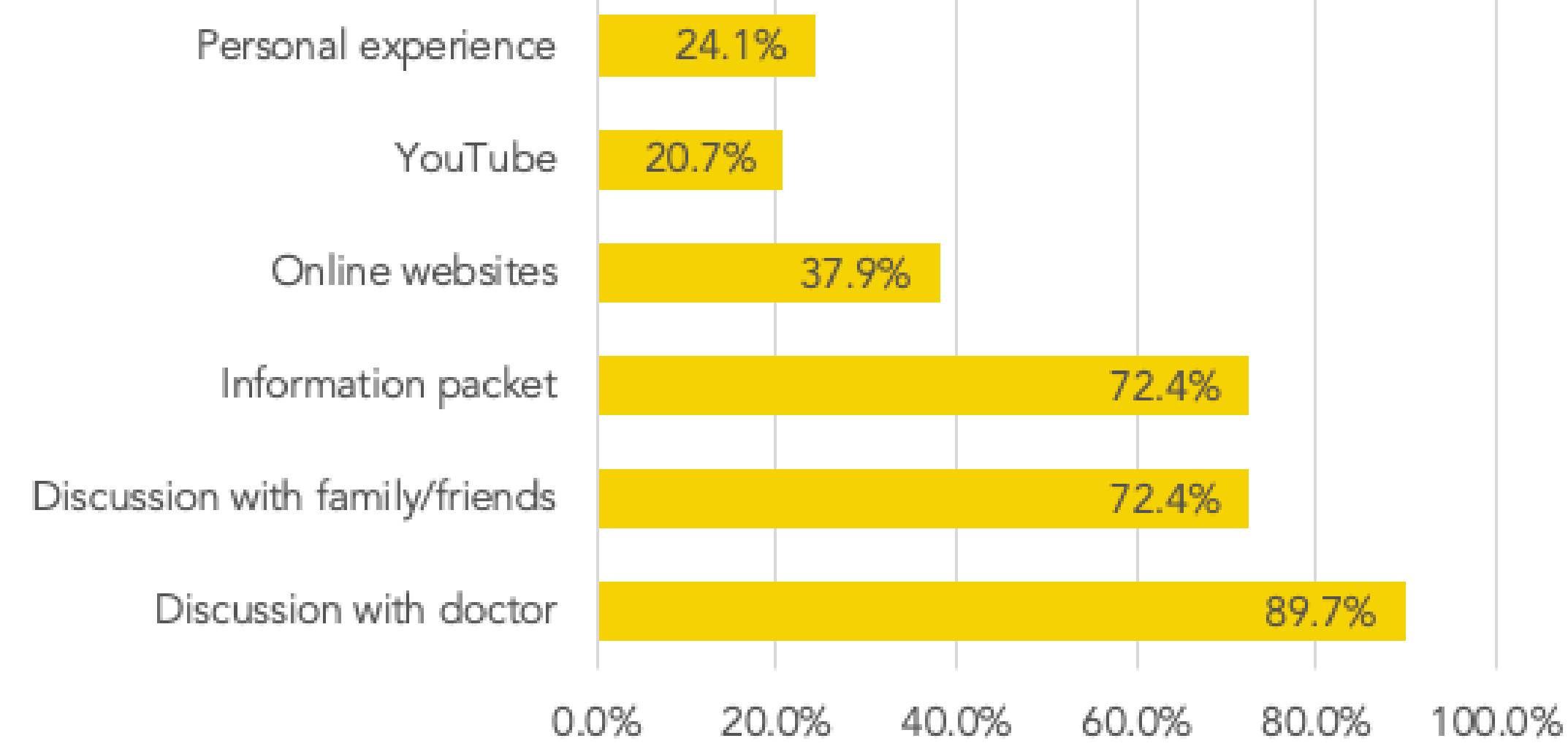
- 221 tonsillectomy surgeries performed; 23 caregivers invited to interview
- 28 subjects (12.7%) completed the pre-operative survey
- 20 (9.0%) completed the post-operative survey
- 18 subjects (8.1%) completed both



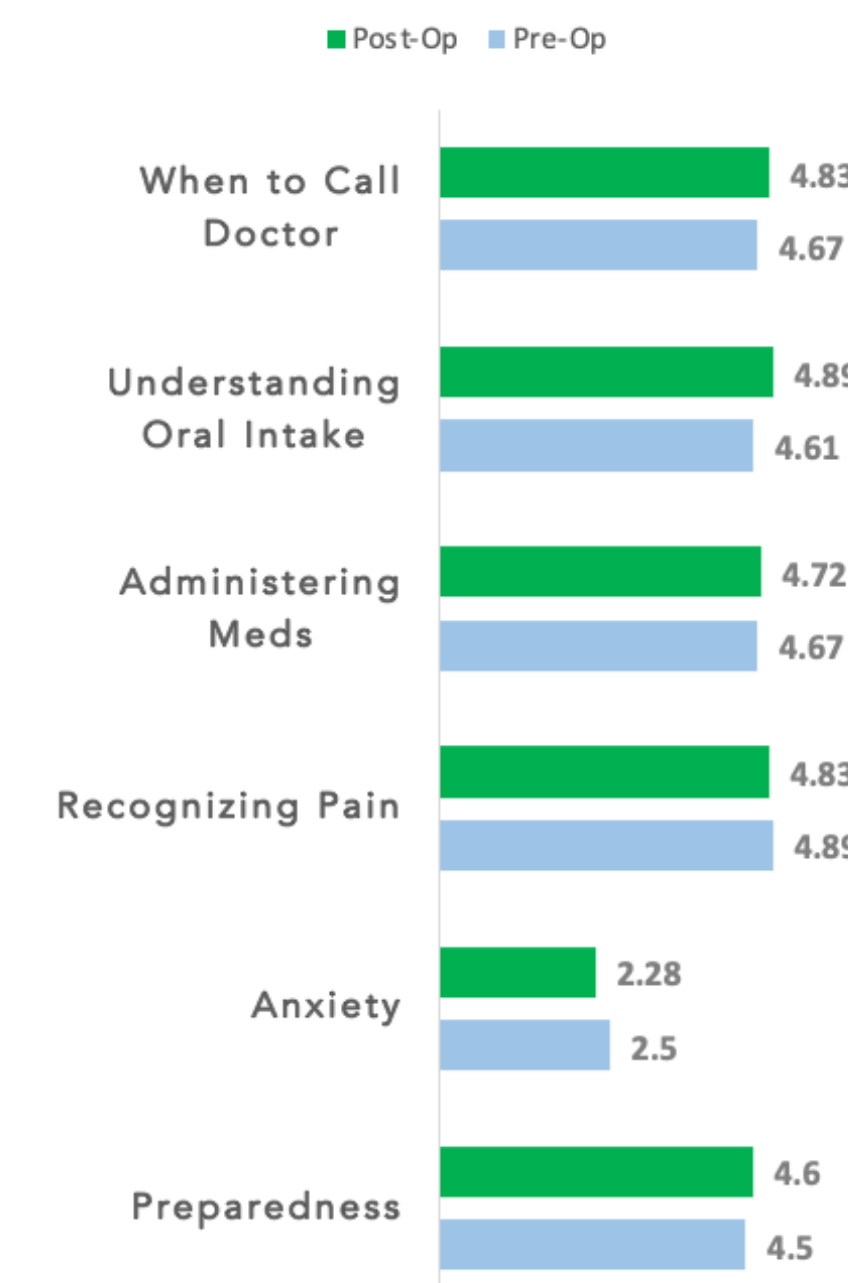
Knowledge Testing		Adverse Events	
Average Pre-Op Score	85.90%	Total Patients	221
Average Post-Op Score	86.50%	Pain/Dehydration, Total	2
# Subjects Improved	8	Pain/Dehydration, Percent	0.9%
# Subjects Remained Same	2	Bleeding, Total	13
# Subjects Worsened	7	Bleeding, Percent	5.9%
Greatest +Δ	22.20%		
Greatest -Δ	-18.50%		



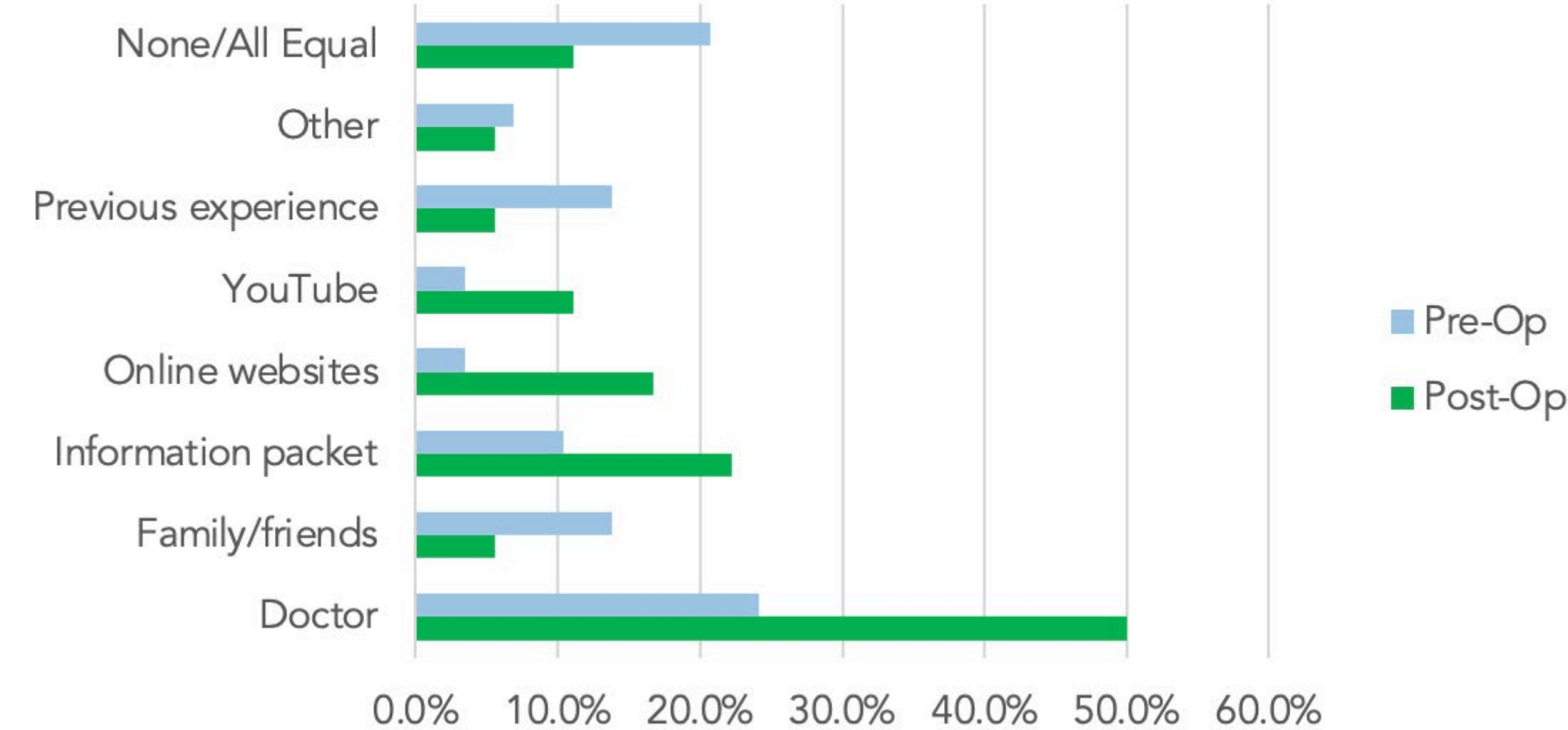
Resources Used



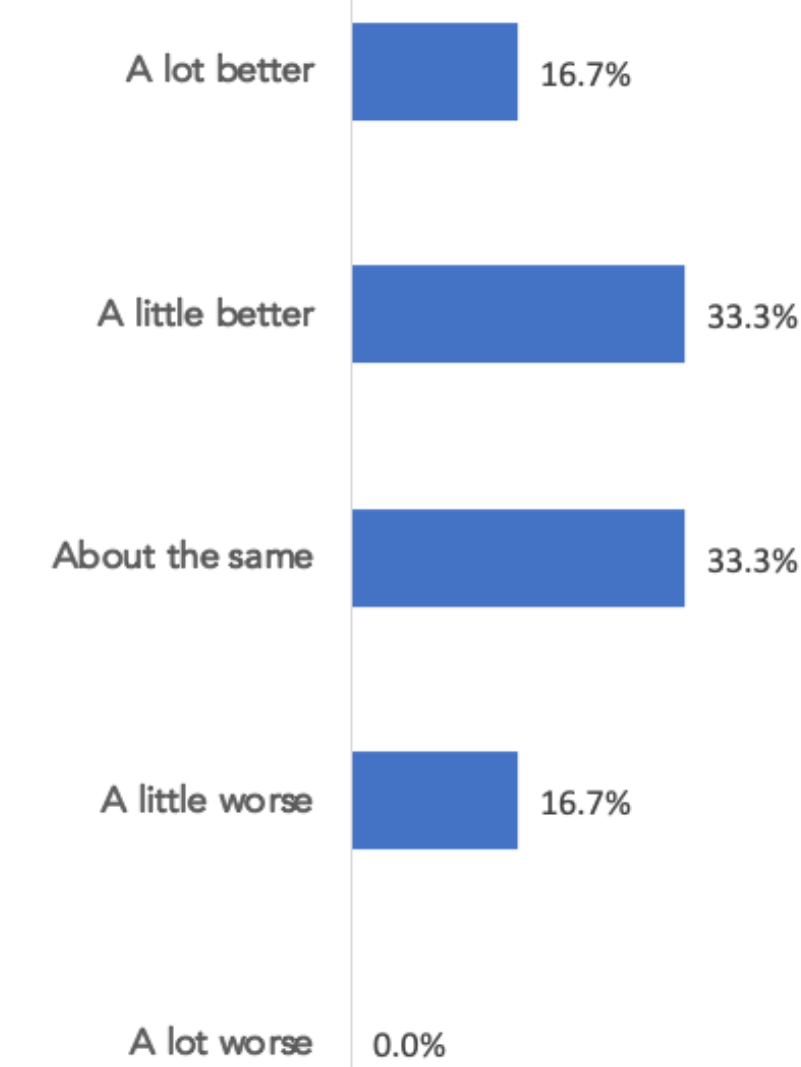
Self Perceptions Regarding At Home Care



Most Useful Resource



Post-Operative Experience Compared to Pre-Operative Expectations



Conclusion

- Patients still perceived physician-directed resources (e.g., in person discussions, information packets) as the most helpful form of preoperative education.
- Despite feeling well equipped for post-surgical care, most parents/caregivers still feel anxious about the perioperative process.
- Diligent preoperative education may reduce postoperative unplanned revisit rates and call burden on the nursing staff.
- In this timeframe, return for postoperative pain/dehydration is lower than the national average. Bleeding rate is slightly higher than national average.

References

1. Cullen, KA, Hall, MJ, Golosinskiy, A. Ambulatory surgery in the United States, 2006. Revised. Hyattsville, MD: National Center for Health Statistics; 2009. National health statistics report, No. 11
2. Mitchell RB, Archer SM, Ishman SL, et al. Clinical Practice Guideline: Tonsillectomy in Children (Update). *Otolaryngology-Head and Neck Surgery*. 2019;160(1_suppl):S1-S42. doi:10.1177/0194599818801757