Development of a Complex Intervention to Reduce Anxiety in Individuals Undergoing Unscheduled Cardiac Catheterization

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Introduction

- Nurses are well-positioned to deliver complex interventions (CI) to manage anxiety related to cardiac catheterization (ARCC).
- Education and Music as components of a CI might decrease anxiety levels, BP, HR, and chest pain. However, such CI is yet to be developed.

Aim

- To develop a CI to reduce anxiety in patients undergoing unscheduled cardiac catheterization (CC).

Methodology

- Sidani & Braden's (2011) methodological framework was used
- A concept analysis (Walker&Avant, 2019) of ARCC was conducted to understand the problem and determine therapeutic targets of the CI.
- Target: lack of knowledge. The educational component elements were retrieved from a previously validated educational guide (Maciel et al., 2016).
- Target: manifestations of apprehension/tension. The musical component elements were mapped in a scoping review (Batista et al., 2022).
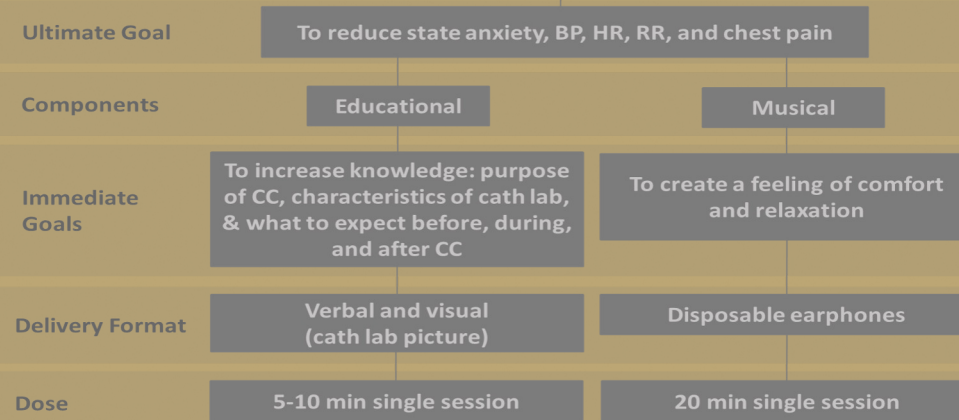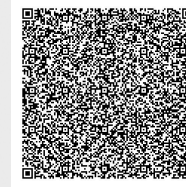
Results

- Educational component: four active ingredients, consistent with the NIC intervention Teaching: Procedure/Treatment (5618). It is delivered verbally and visually in a single 5-minute session.
- Music component: consists of a genreless music piece. Activities are consistent with the NIC intervention Music Therapy (4400) and delivered through earphones in a 20-minute session.

Conclusion and Implication

- EMIRA is a unique CI developed to reduce ARCC.
- Future studies should evaluate the acceptability, feasibility, efficacy/effectiveness of this CI.

Figure 1: The Education and Music Intervention to Reduce Anxiety (EMIRA)

	Educational	Musical
Ultimate Goal	To reduce state anxiety, BP, HR, RR, and chest pain	
Components	Educational	Musical
Immediate Goals	To increase knowledge: purpose of CC, characteristics of cath lab, & what to expect before, during, and after CC	To create a feeling of comfort and relaxation
Delivery Format	Verbal and visual (cath lab picture)	Disposable earphones
Dose	5-10 min single session	20 min single session

BP: Blood pressure; CC: cardiac catheterization; HR: Heart rate; RR: Respiratory rate

References

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