

A Study on the Preoperative Anxiety Levels Among Cataract Patients from Community Camps

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Abstract

Background: It is crucial to assess pre-operative anxiety levels for to mitigate any negative outcomes. Previous studies showed that preoperative anxiety before cataract surgery is very much expected in patients up to 80% and no studies are done on community patients up to our knowledge.

Aim: The purpose of this study is to find anxiety levels among unprivileged patients undergoing cataract surgery preoperatively using Hamilton anxiety rating scale questionnaire.

Methods: A set of 14 questions from Hamilton anxiety rating scale was administrated by to 385 patients between 30-90 years of age undergoing cataract surgery in community care at Sankara eye hospital, Ludhiana. A 14-item standard questionnaire for the Hamilton anxiety rating scale was administered. Each item is assessed on a zero-to-four-point scale.

Results: We observed that 325 (84 percent) Patients having Mild Anxiety, 36 (9 percent) Patients having Moderate Anxiety, 24 (6 percent) Patients having Severe Anxiety.

Conclusion: It is expected that preoperative anxiety is very much prominent in individuals getting cataract surgery. But with right amount of counseling and taking preoperative care the community patients at Sankara Eye Hospital, Ludhiana have least anxiety levels, they are confident and have conviction that they are supplied with good quality of eye care service.

Keywords: Hamilton Anxiety Rating Scale; Anxiety; Cataract Surgery; Community Eye Care

Abbreviations

HAM-A: Hamilton Anxiety Rating Scale, Anxiety

Introduction

Cataracts are the major cause of blindness globally, and their removal is one of the most popular surgical operations done today [1]. Anxiety is a typical preoperative feeling that occurs independent

of the perceived intrusiveness of the surgery. Preoperative Anxiety during Cataract Surgery affects a considerable percentage of patients, despite technical and anesthetic administration improvements [2]. Planned educational, pharmacological, and psychological treatments should be preceded by a study of anxiety levels, which should be treated as a normal component of preoperative care [3]. The HAM-A was one of the first rating scales

designed to quantify the intensity of anxiety symptoms, and it is still frequently used in clinical and research situations today [5]. As far as we are aware, no research has assessed the anxiety levels of poor community cataract patients prior to surgery. Therefore, the goal of this study is to determine the anxiety levels of cataract patients in the community before to surgery so that efforts can be taken to alleviate the detrimental consequences of worry.

Materials and Methods

The study comprised poor patients undergoing cataract surgery in community ward free of cost for first time at Sankara eye hospital, Ludhiana. The study is done on 385 patients of both male and female between the age 30-90 years. Any patient with history of depression or anxiety, mental retardation, was excluded from the investigation. The research consent form is taken from patient preoperatively right before entering into the block room for anesthetic. A 14 item Hamilton anxiety rating scale standard questionnaire is administered [4,5].

Results and Discussion

385 patients were included for analysis out of which 203 (53%) were female and 182 (47%) were male. with the age group between 30- 90 yrs. 325 patients (84%) having Mild Anxiety, 36 patients (9%) having mild to moderate anxiety, 24 patients (6%) having moderate to severe Anxiety (Figure 1).

Figure 1: Bar Graph showing anxiety levels in community cataract patients.

Preoperatively patient expressed high anxiety levels around operation itself and fear of becoming blind as per Ramirez DA.,

et al. Fagerström R., *et al.* [2,7,8] Nijkamp MD *et* studied the determinates of anxiety levels and found women to have high anxiety [9]. Present study did not find any correlation between gender and anxiety levels. A study done by Sergiu D., *et al.* [6]. In present study the prevalence of Anxiety Preoperatively was determined to be modest. The Mild Anxiety in current study can be related to the reasons that the patients here came in community care are confident and hold belief that they are supplied with good Quality of eye care service. Patients reported little anxiety about surgery by Vallance JH., *et al.* [10] similar to present study results.

Conclusion

Based on our data, we can conclude that an 84 percent patient having a modest level of Anxiety Score (<17) was prevalent in patients who underwent cataract surgery using Hamilton Anxiety Rating scale. 9 percent patients are having Moderate Anxiety, 6 percent patients are having Severe Anxiety. Mild level of worry among majority patients suggests Community patients at Sankara Eye Hospital, Ludhiana are confident and have conviction that they are supplied with good Quality of eye care service.

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Conflict of Interest

The authors have no conflicts of interest to declare. All co-authors have seen and agree with the contents of the manuscript and there is no financial interest to report. We certify that the submission is original work and is not under review at any other publication.

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