

# Intervention cuts preoperative anxiety in young children

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(HealthDay)—Among children undergoing elective day surgery, a brief,

targeted Child Life preparation (CLP) intervention reduces preoperative anxiety prior to intravenous induction of anesthesia, according to a study published online Dec. 23 in *Pediatric Anesthesia*.

Nicholas West, from the University of British Columbia in Vancouver, Canada, and colleagues enrolled children aged 3 to 10 years undergoing elective day surgery lasting no more than two hours in a randomized trial. Fifty-nine children were randomly assigned to either the CLP intervention group (minimum 15 minutes CLP), which included role-play, expectation setting, and teaching coping strategies, or the control arm ([standard practice](#) without CLP) before intravenous induction of [anesthesia](#).

The researchers found higher operating room [anxiety](#) from baseline for 52 and 21 percent of children in the control and CLP groups, respectively. There was a significant effect of baseline modified Yale Preoperative Anxiety Scale-Short Form anxiety and group on operating room anxiety. Operating room anxiety was significantly reduced by CLP by 13.8 points compared with control.

"A brief, targeted CLP session had a statistically significant effect on reducing preoperative anxiety prior to intravenous induction of anesthesia in young [children](#) with no known preexisting anxiety," the authors write. "This effect may be clinically important and suggests that Child Life can be a valuable component of pediatric surgical care. Further research is required in specific populations."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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