

## ANXIETY MANAGEMENT IN ADULT DAY SURGERY MITCHELL MARK%0A

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Anxiety management in minimal stay surgery - Nursing Times

abstract Mitchell M (2012) Anxiety management in minimal stay surgery. Nursing Times; 108: 48, 14-16. An increase in minimal-stay surgery has reduced opportunities for nurses to discuss patients' anxieties about anaesthesia and the procedures that they will undergo. To allay patient anxieties and therefore promote a good recovery from surgery, nurses need to put in place a planned programme. M. Mitchell, Anxiety Management in Adult Day Surgery ...

Nurses need to use a wider range of anxiety management strategies than simply information-giving. Interventions must take into account patients' coping styles and views of their situation. The use

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Anxiety management is a considerable issue for the majority of surgical patients and has been recognised as such for many decades. However, no formal nursing intervention currently exists to support patients during this acute phase.

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Anxiety Management in Adult Day Surgery: A Nursing Perspective, Mark Mitchell, ISBN: 978-0-470-03162-9, 246 pages . February 2006. Description. The book is the first of its kind to specifically outline the psycho-educational nursing interventions required by the anxious, adult patient undergoing elective, ambulatory surgery.

Anxiety management is a considerable issue for the majority of

**Anxiety Management in Adult Day Surgery by Mark Mitchell ...**

Anxiety management is a considerable issue for the majority of surgical patients and has been recognised as such for many decades. However, no formal nursing intervention currently exists to support patients during this acute phase.

**Anxiety management: a distinct nursing role in day surgery ...**

An additional fear, closely associated with day case procedures, may be increasing in parallel with the amount of day surgery being undertaken i.e. anxiety resulting from the wait on the day of surgery .

**Mitchell, M. J. (2012) Anxiety management in adult minimal ...**

1.Pre-operative anxiety prior to general anaesthesia is frequently associated with the thought of dying, not waking up, waking during surgery, trusting strangers, losing control, mask placed over the face and needing injection. 2.A planned programme

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