Construction and implementation of a model of Nursing consultation in the preoperative general programmed surgery

Marco Goncalves¹, Maria Aurora Pereira², Natalia Machado³
¹ Instituto Ciencias Biomedicas Abel Salazar, Universidade do Porto, Porto, Portugal, ² Instituto Politecnico de Viana do Castelo, Escola Superior de Saude, Viana do Castelo, Portugal, ³ Escola Superior de Enfermagem do Porto, Porto, Portugal

Introduction
Surgery is a new reality that causes several changes in the life of everyone. The health-disease transition, as can be considered the surgical experience, is associated with a sudden change in the performance of the role resulting from the change in the health condition. Nurses may be the support for the experience of the transition that patients may experience.

Objectives
**General objective:** to implement a preoperative nursing consultation with the patient undergoing elective general surgery.
**Specific objectives:** to assess the preoperative nursing care needs of patients undergoing elective general surgery; to structure a preoperative nursing consultation; to implement a preoperative nursing consultation; to assess the impact of a preoperative nursing consultation.

Methods
Study framed in a qualitative paradigm, in the form of action research, along 4 phases

**Diagnosis**
- Semi-structured interviews with clients and nurses

**Planning**
- Panel of experts
- Guiding document with the structure of the consultation
- Training for a group of nurses on the structure, mode of implementation and documentation of the consultation

**Implementation**
- Preoperative consultation (medium and major surgery)

**Assessment**
- Evaluation of anxiety levels - Spielberger’s STAI and Visual Analog Scale
- Assessment of the perception of the level of information that the patient has - Preoperative Information Scale
- Debriefing meeting with the nursing team

Expected Results
This study is intended to contribute to the improvement of nursing care provided to surgical patients in the preoperative period. Thus, the expected results are the construction and implementation of a nursing consultation the reduction of anxiety levels in the preoperative period of the patient to be submitted to elective general surgery; the satisfaction of their information needs; to identify health gains sensitive to nursing care in surgical patients.

Conclusion
The nursing consultation can be a valid strategy for the development of nurses’ autonomy and professional recognition. The action of nurses to promote health gains for patients should be based on a decision-making process that requires skills, knowledge, attitudes and abilities.

References