

## THE EFFECTIVENESS OF ORIENTATION TOUR ON POST-OPERATIVE DELIRIUM AND ANXIETY OF PATIENTS WITH OPEN HEART SURGERY

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**Background:** Delirium is a disease associated with an acute decline in mental function. It is typically characterized by disorder in the level of consciousness, attentional deficits and cognitive changes. Also, it has a fluctuating course. Delirium mostly affects the older patients and the hospitalized patients, especially after extensive surgeries. Anxiety is an unpleasant state of tension or pressure that is caused by fear of illness, hospitalization, anesthesia or surgery. In some patients, in addition to anxiety, a psychological disturbance and acute confusion state emerges that is called delirium which exacerbates the original complications caused by the disease and increases the length of hospital stay in intensive care unit. The present study aims to scrutinize the effect of familiarization tour on delirium incidence on the anxiety of the patients admitted to the intensive care unit after open heart surgery.

**Methods:** This study is a randomized clinical trial with control group. The statistical population of this study includes all patients admitted to the cardiology section of Fatima Al-zahra Hospital in Sari as many as 84 of the patients were randomly selected. Instrument of the research were Spielberger Anxiety Inventory applied in three stages of preoperative stage, after extubation of the endotracheal tube and before discharge as well as and post-operative ICDSC delirium screening test. The obtained data were analysed using descriptive statistics methods such as mean score, standard deviation, frequency distribution tables and percentage of frequency, and inferential tests such as t-test, Chi-square and Fisher test via SPSS 21 software.

**Results:** The findings indicated that there was no significant difference between the research samples of the intervention group and the control group in any of the demographic variables. Also, the results indicated that there was significant statistical difference between these two groups in the delirium incidence ( $p=0.049$ ). In addition, there was significant difference between these two groups in the anxiety level after extubating tracheal tube ( $p<0.001$ ) and before the discharge in ICU ( $p=0.004$ ).

**Conclusion:** The results indicated that the orientation tour could affect the delirium and anxiety incidences after cardiac surgery and reduce the delirium and anxiety incidences of such patients. Thus, it is recommended that the nurses use this method to reduce the delirium and anxiety incidences of the patients.

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