

## Introduction

- 70% of the patients waiting for cardiac catheterization (CC) experience anxiety
- The severity of the symptom increases drastically on the day before CC
- The *Education and Music Intervention to Reduce Anxiety* (EMIRA) is an innovative, complex nursing intervention to manage anxiety before CC
- Acceptability of new complex interventions must be evaluated before evaluation of their efficacy/effectiveness

## Aims

- To evaluate the acceptability of EMIRA from the perspective of patients waiting for CC in the emergency department
- To assess the experience of individuals who received the intervention

## Methodology

- Qualitative study conducted in Brazil
- Sample: adults diagnosed with ACS waiting for a CC in the emergency department
- Interviews: 9 questions based on Kazdin's attributes of acceptability
- Data analysis: Bardin's content analysis
- Study was approved by the IRB

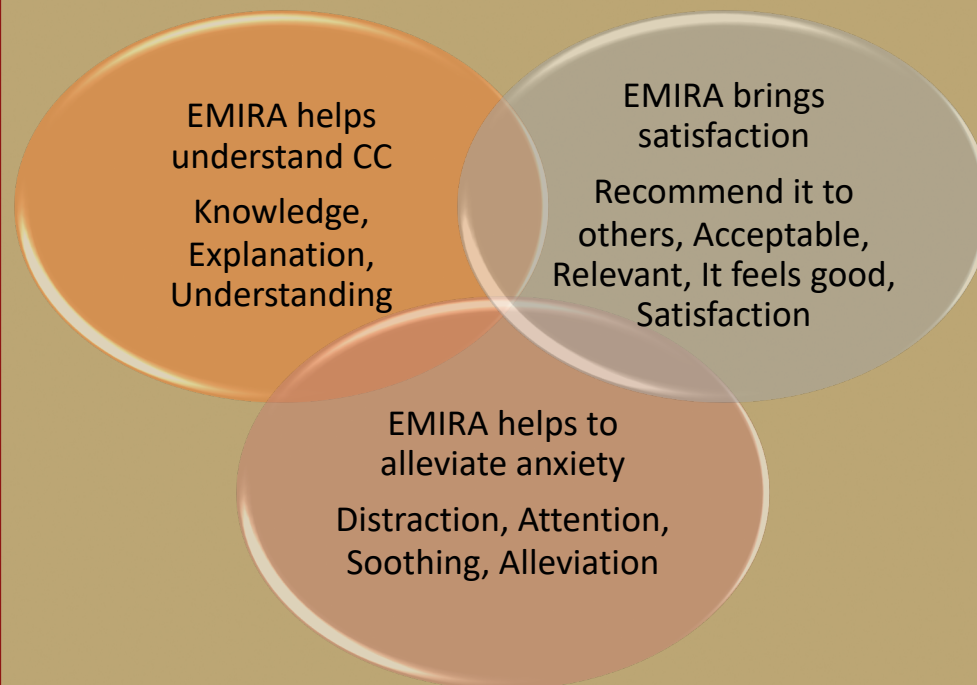
## Patients' Perception of Educational and Musical Nursing Intervention Before Emergency Cardiac Catheterization

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Figure 1: Graphic representation of EMIRA's acceptability



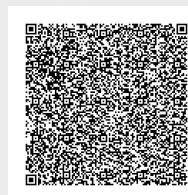
## Results

- 15 participants (63.4±12.6 years old; 66% male; 73% undergoing CC for the 1<sup>st</sup> time)
- Three categories emerged from the participant's interviews. EMIRA is a new experience that...
  - ... helps understand CC
  - ... brings satisfaction
  - ... helps to alleviate anxiety

## Conclusion and Implication

- EMIRA was well accepted by participants and perceived as a new and helpful experience to improve their understanding of CC and reduce anxiety while waiting for the procedure
- Future studies may focus on evaluating the feasibility of an RCT and EMIRA's efficacy

## References



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