Patients’ experiences of mood while waiting for day surgery

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The preoperative psychological state is a major issue in day surgery, especially because of anxiety management when patients have a short hospital stay. Except for preoperative anxiety, knowledge is sparse about how patients experience mood while waiting for day surgery. The overall aim of this thesis was to describe occurring preoperative moods, patients experience of preoperative mood, and the experiences patients describe as having an influence on their mood during the preoperative waiting period before day surgery. The main finding was that some patients may experience a shifting mood or to not feel calm while other patients may feel calm and experience a harmonious mood. Previous negative experiences from surgery, anaesthesia, or health care were confirmed as a trigger for anxiety. Earlier positive experiences, feelings of trust and expectations contribute to a harmonious mood and to feel calm. These findings contribute to the understanding of patients’ experiences of different moods while waiting for day surgery, including knowledge about positive moods. Regardless of mood, patients experienced feeling hope about regaining health as a help to balance mood during waiting for day surgery.