

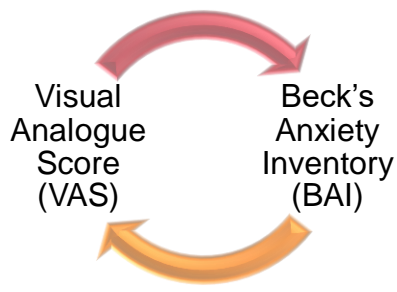
# THE CONSEQUENCES OF PREPROCEDURAL ANXIETY LEVEL ON POSTPROCEDURE PAIN IN WOMEN EXPERIENCED DURING HYSTEOSALPINGOGRAPHY

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## INTRODUCTION

- Hysterosalpingography (HSG) is a one of the diagnostic modality
  - for infertility workup
  - for assessment of uterine cavity morphology and tubal patency.

## Scoring system

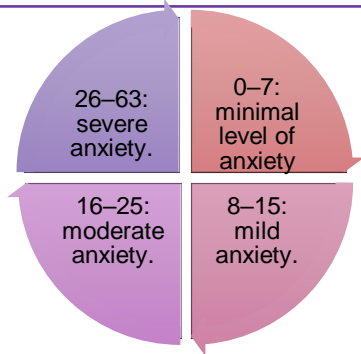


## Beck's Anxiety Inventory (BAI)

	Not At All	Mildly but it ain't bother me much	Moderately - it won't pissant at times	Severely - it bothered me a lot times
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding/racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky/unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot/cold sweats	0	1	2	3
Column Sum				

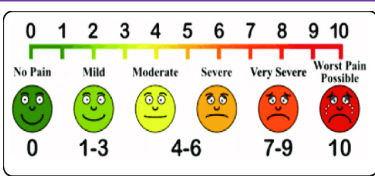
Scoring - Sum each column. Then sum the column totals to achieve a grand score. Write that score here.

- The Beck's Anxiety Inventory (BAI) is a 21-item Likert scale self-reported questionnaire measuring common symptoms of clinical anxiety. The total score can range from 0 to 63. The Grading of anxiety level depends upon the amount of score evaluated:



## Visual Analogue Score (VAS)

- Visual Analogue Score (VAS) is commonly used to detect the severity of pain and calculated just after the procedure. The VAS was a 10-cm line scaled from 0 to 10 (0 = no pain, 10 = severe pain).



## RATIONALE

- Our aim is to evaluate the **preprocedural anxiety** level and **postprocedure pain** in women underwent hysterosalpingography using **beck's anxiety inventory (BAI)** score and **visual analogue scale (VAS)** score

## METHODOLOGY

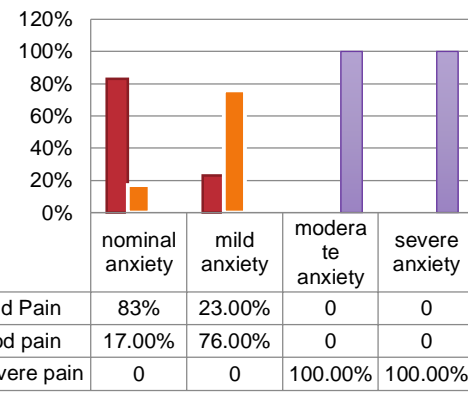
- Study Design:** Cross-sectional study, Prospective.
- Study Setting:** Liaquat National Hospital, Radiology X-ray Department Karachi.
- Study duration:** 1 year
- SAMPLE SELECTION:**
- Inclusion criteria: All the patients arrived in X-ray department for HSG Procedure except.
- Exclusion criteria: Active pelvic infection.
- Recent uterine or tubal surgery.

## REFERENCE

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- Porter BW, Craig LB, Hansen KR. An exploration of predictive variables for increased pain during hysterosalpingogram. Fertility and Sterility. 2010 Sep 1;94(4):S213.
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## RESULTS

- A total of 204 patient were included in the study. The median age of the patient was 31 years. The mean duration of marriage was 6 years. Of these 204 patients 65.19 % of the females were suffering from primary infertility n=133 and 34.8% n=71 had secondary subfertility.
- The level of anxiety of patient was judged on the basis of Beck Anxiety Inventory score about 42% patient n= 86 patient had nominal anxiety pre procedure, 45% had mild anxiety n=93. Moderate anxiety was noted in 6.4% of the patients n=13 while 5.9% n=12 patient had severe anxiety



Hence as per our null hypothesis severity of pain increases with increased pre procedure anxiety levels.

## Conclusion

- Level anxiety has a crucial role in determining the pain score
- This study will serve as a basis of awareness and modification in pain and stress management for many invasive procedures done in diagnostic radiology.
- Reduction of preprocedural anxiety will reduces postprocedural pain