

VCUG 전후 부모의 불안감 차이 비교

고려대학교 의과대학 소아과학교실¹, 고려대학교 의과대학 정신과학교실²

이나라¹ · 오정민¹ · 임형은¹ · 양재원² · 유기환¹ · 홍영숙¹ · 이주원¹

Difference of Anxiety of Parents: Before & After the VCUG

Na Ra Lee¹, Jung Min Oh¹, Hyung Eun Yim¹, Jae Won Yang²
Kee Hwan Yoo¹, Young Sook Hong¹, Joo Won Lee¹

Department of Pediatrics¹, College of Medicine, Korea University, Seoul, Korea
Department of Psychiatry², College of Medicine, Korea University, Seoul, Korea

Purpose : Some patients with vesicoureteral reflux(VUR) have complications like hypertension, renal failure, end stage renal disease. The voiding cystourethrogram (VCUG) is the investigation of choice for the detection of VUR in UTI infants. Though it has long been regarded as a potentially distressing and invasive test in children. Most of the parents are so concerned about the child's stress or pain that sometimes even refuse to do VCUG. In this study, we compared the difference of the state of anxiety of parents before and after the VCUG. Also, we investigated the effect of the prior concrete explanation on the procedure to alleviate the parental anxiety.

Methods : Before VCUG, we divided 68 parents whose children undergoing VCUG into 2 groups; who have given an explanation about VCUG in detail using pictures (group 1) VS who have given an oral explanation only (group 2). First, we examined the basal parenting stress of all groups. All the parents submitted the same questionnaire 2 times before and after the VCUG. The questionnaire consisted of Strait-Trait-Anxiety-Inventary X-I (STAI-X-I) and visual analog scale(VAS) about the perception of worry, anxiety, confusion and pain.

Results : Before VCUG, there were no significant difference in parenting stress, state of anxiety, or the perception of worry, anxiety, and confusion between 2 groups, however, the perception of pain was higher in group 1 ($p < 0.05$). After VCUG, the anxiety & confusion were significantly lower in group 1 than group 2 ($p < 0.05$). In group 1, STAI-X-I and the perception of worry, anxiety were significantly decreased after the VCUG ($p < 0.05$), while there were no differences of the perception of pain. In group 2, the confusion and pain were increased after VCUG on the contrary ($P < 0.05$).

Conculsion : The pain was much higher in group 1 who were given a detailed explanation about VCUG, which signifies that the doctor's explanation in advance may raise the perception of pain the possibility of refusal by parents. The STAI-X-I in group 1, however, was decreased after VCUG, and the perception of worry, anxiety in group 1 as well, while the perception of confusion and pain in group 2 who had not given enough explanation were increased after VCUG. We concluded that prior & sufficient explanation about invasive procedure like VCUG can be helpful in ameliorating parents's anxiety.

Key Words : 배설성 요로 조영술, 통증성 슬기, 정신적 고통
VCUG, Procedural pain, Distress