Pediatric sedation videos enhance caregiver’s knowledge prior to a sedation procedure

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Introduction: Verbal teaching is used to educate a child’s caregivers prior to undergoing sedation, but often, verbal teaching does not accurately prepare them for the sedation procedure. We sought to determine whether showing caregivers videos that depicted different levels of sedation was a useful tool in pre-sedation education. In addition, we sought to determine the interest of the general public in pediatric sedation information.

Methods: We utilized three videos depicting three levels of sedation: minimal, moderate, and deep. We uploaded the videos to You Tube and made them public on September 2, 2014. Prior to the sedation encounter the caregivers were mailed instructions on how to access the videos on the Internet. In addition, the video portraying the level of sedation the child would receive was shown to the caregivers prior to the procedure at the American Family Children’s Hospital (AFCH) sedation clinic. After the sedation procedure the caregivers completed a standardized survey. The survey asked how useful and how accurate the videos were in their experience. Caregivers rated the questions on a 5 point qualitative scale from strongly agree to strongly disagree.

Results: We collected a total of 145 surveys. Of the caregivers who watched the videos (n=39), 21 (53.8%) reported that they strongly agreed the videos were helpful, 13 (33.3%) agreed, 4 (10.2%) were neutral, none disagreed, and 1 (2.5%) strongly disagreed; 14 (35.8%) strongly agreed that the videos were accurate to their experience, 13 (33.3%) agreed, 7 (17.9%) were neutral, none disagreed, and 1 (2.5%) strongly disagreed. The videos received a combined 27,997 views on You Tube over a 19.5 month period.

Conclusions: Most caregivers who watched the videos felt that they enhanced their knowledge of sedation and thought the videos were a helpful educational tool. The general public expressed strong interested in pediatric sedation information.