

# Handholding, speaking to patients reduces anxiety

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(HealthDay)—For patients undergoing percutaneous vertebroplasty under local anesthesia, handholding and providing spoken information correlate with reduced patient anxiety, according to a study published online Sept. 1 in the *Journal of Clinical Nursing*.

Bong-Hee Kim, R.N., from Chosun University in Gwangju, South Korea, and colleagues conducted a study with a quasi-experimental design and a nonequivalent [control group](#) to examine the effects of handholding and spoken information for patients undergoing percutaneous vertebroplasty under [local anesthesia](#). Ninety-four patients were included and assigned to either Experimental Group I (30 patients), who received handholding and spoken information; Experimental Group II (34 patients), who received handholding only; or a control group (30

patients).

The researchers found that, compared with Experimental Group II and the control group, Experimental Group I had lower psychological anxiety. Significant decreases in [systolic blood pressure](#) were seen in both experimental groups versus the control group.

"Handholding and spoken information provided during a surgical intervention to mitigate psychological anxiety, and handholding to mitigate physiological anxiety can be used in nursing interventions with patients undergoing percutaneous vertebroplasty," the authors write.

**More information:** [Abstract](#)  
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