



## KEY WORDS

- ✓ Nursing navigation program
- ✓ Stress level
- ✓ Perception of care
- ✓ Preoperative anxiety
- ✓ Coronary artery bypass graft surgery

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THE EFFECT OF THE NURSE NAVIGATION PROGRAM APPLIED FOR THE OPERATING ROOM PROCESS BEFORE CORONARY ARTERY BYPASS GRAFTING ON PATIENTS' PREOPERATIVE ANXIETY, PERCEPTION OF QUALITY NURSING CARE AND STRESS HORMONE LEVELS.

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## THESIS ABSTRACT

This study was conducted to determine the effect of a nurse navigation program developed before coronary artery bypass graft surgery on patients' preoperative anxiety, stress hormone levels, and perceptions of perioperative nursing care quality. Using a randomized controlled experimental design, 60 patients (30 intervention, 30 control) were included in the study. The intervention group received a nurse navigation program supported by a 9-minute 56-second 2D animated video explaining the perioperative process. In the intervention group, preoperative anxiety and information scores, as well as cortisol levels measured on the morning of surgery, were significantly lower, while perceptions of perioperative nursing care quality were higher. The results indicate that nurse navigation reduces patient anxiety and stress and enhances perceptions of care quality.

## APPLICATION AREAS OF THE THESIS RESULTS

In terms of practical application, supporting nurses working in surgical units through in-service training on navigation, communication, stress management, and patient education may enhance the quality of care. Assigning nurse navigators can strengthen care coordination while increasing patient satisfaction and safety. In addition, developing digital navigation systems and regularly evaluating the impact of these programs on patient outcomes and cost-effectiveness can provide a sustainable and widely applicable implementation framework.

## ACADEMIC ACTIVITIES

1. Gürer, Z., Akansel, N., & Kahraman, N. (2025). Pressure ulcer risk in patients undergoing cardiovascular surgery and their occurrence within 24 hours of the operation. *Revista da Escola de Enfermagem da USP*, 59, e20250081.  
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