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EFFECT OF PREOPERATIVE PSYCHOLOGICAL INTERVENTION ON ANESTHESIA IN ELDERLY LAPAROSCOPIC ABDOMINAL SURGERY

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Background: Under the guidance of psychological theory, psychological intervention is planned to intervene the psychological activities and personality characteristics of a certain object with the help of language, suggestion and other measures, so as to reduce people's anxiety, fear and other negative emotions. Psychological intervention is to alleviate anxiety and improve psychological problems by adjusting people's emotional value, so as to make people present a more positive and positive attitude to deal with the current difficulties or problems, and effectively intervene in the expected things in the future. Individual differences and psychological characteristics will make them show different application effects and intervention performance when participating in psychological intervention, and the psychological comfort degree of the audience caused by the same psychological intervention is also different. As an effective means of intervention, psychological intervention has been applied and involved in many fields, such as education and teaching, clinical medicine and so on. In the field of education, teachers often use verbal encouragement, psychological presupposition and other means to adjust and enlighten students' psychological change rules and emotions, so as to improve the teaching effect and quality. In the field of clinical medicine, disease acts on the body as a stressor, which will make patients unconsciously produce a certain degree of psychological stress, such as tension, anxiety, fear and so on. Moreover, patients' lack of correct cognition of their own diseases and prejudice against the hospital will amplify negative emotions and increase psychological burden and pressure in the process of treatment. The emotion of patients will affect their treatment process and follow-up rehabilitation effect. The increased probability of illness of the elderly and their lack of understanding of laparoscopic surgery make their resistance and anxiety during abdominal surgery more serious, which is not conducive to the treatment and rehabilitation of their diseases. Therefore, exploring the influence of preoperative psychological intervention on anesthesia in elderly laparoscopic abdominal surgery will help to reduce patients' fear, anxiety and other negative emotions about surgery, and improve their rehabilitation efficacy and psychological tolerance.

Objective: Through psychological intervention, patients can understand the operation related knowledge, establish a positive attitude, guide patients to learn self-regulation, control their emotions, keep them in a psychological best state for treatment, promote the normal operation, and reduce patients' anxiety, fear, anxiety and other negative emotions about instruments and equipment.

Research objects and methods: 126 elderly patients who were going to undergo laparoscopic abdominal surgery in a hospital were selected as the research objects. All the research objects were anesthetized by the same anesthesiologist and operated by the doctor in the ward. On the basis of understanding the psychological status of patients before operation, psychological intervention was carried out to explore the influence of psychological intervention in elderly laparoscopic preoperative anesthesia.

Method design: The subjects were randomly divided into traditional nursing group and psychological intervention group. The patients in the traditional nursing group were cared according to the general nursing routine in the operating room without any intervention measures. In addition to the general nursing routine in the operating room, the patients in the psychological intervention group were given psychological intervention measures, such as preoperative visit, cognitive intervention, emotional intervention and so on. The experiment lasted for three weeks. After the experiment, the psychological and emotional changes of patients and the performance in anesthesia operation were further explored to explore the improvement mechanism of psychological intervention on preoperative patients.

Methods: All data were collected by SPSS23.0 is entered and analyzed, and the data of numerical variables are expressed as mean \pm standard deviation. *t*-test was used for the comparison of numerical variables and Chi-square test was used for the comparison of classified variables.

Results: Patients with abdominal surgery will have anxiety and resistance due to strange environment and lack of relevant medical professional knowledge. After psychological intervention with various forms, they can effectively improve their cognition and sense of security of their own surgery and effectively alleviate their negative emotions. There was significant difference in the scores of negative emotions between the traditional intervention group and the psychological intervention group. Figure 1 shows the statistical difference in anxiety scores between the traditional nursing group and the psychological

intervention group.

Conclusions: With the continuous degradation of the body tissue morphology and organ function of the elderly, it has a high risk of surgery. Laparoscopic surgery is widely used in abdominal surgery of the elderly because of its advantages of less surgical injury and less stress response. However, most of the elderly lack professional medical knowledge and their psychological tolerance is weak. Psychological intervention for the elderly before laparoscopic anesthesia surgery can effectively dredge their negative emotions with the help of cognitive intervention and emotional intervention, and help them improve their psychological level and surgical safety. Therefore, in future clinical treatment, we should pay attention to the psychological intervention of patients.

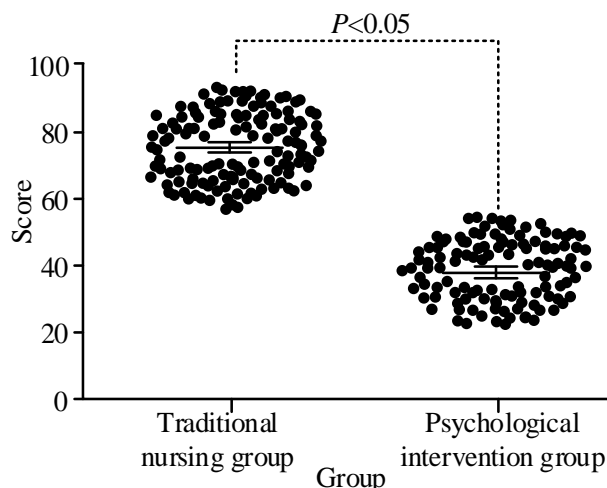


Figure 1. Statistical difference of anxiety scores between traditional nursing group and psychological intervention group

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EVALUATION OF INTERVENTION EFFECT OF ENGLISH ONLINE TEACHING ON STUDENTS' COMMUNICATION ADAPTATION DISORDER

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Background: Communication adaptation barriers refer to different types of obstacles caused by the influence of information sender, information receiver and information transmission channels in the process of information transmission, resulting in problems such as information difference and information delay, which affect people's communication and communication. The expression ability, emotional tendency and thinking logic of the sender of information will affect the integrity and smoothness of information in the process of transmission, and different individual differences make their information screening ability and psychological status level show different behavioral characteristics in the process of information reception. The information media channel can effectively connect its information sender and information receiver, and speed up the circulation and transmission of information. The smoothness of the media channel and the perfection of the mechanism will affect the timeliness of information communication and ensure effective communication between individuals and groups. The differences of thinking mode and cultural background will make people have certain deviations in the logic, fluency and accuracy of language habits when expressing information, and this deviation can be adjusted and improved through independent training and later learning practice. The process of communication adaptation is the process of thinking presentation. Generally, it is a subjective and dynamic process, and it is very vulnerable to the influence of external environmental conditions and the goal of value pursuit. The process of communication adaptation driven by different behavioral motives will deviate from the actual objective information. As a practical and applied language, English course learning not only requires students to master basic theoretical knowledge, but also requires them to have good English expression level and communication ability. However, the traditional offline English teaching ignores the oral expression and communication ability of English majors too much, which makes it more difficult for students to learn English communication ability in the absence of internal