Effect of intramuscular midazolam premedication on patient satisfaction in women undergoing general anaesthesia: a randomised control trial

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Effect of intramuscular midazolam premedication on patient satisfaction in women undergoing general anaesthesia: a randomised control trial

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감사의 글

어쩌다 책장의 초등학교 졸업 앨범을 펼쳐보니, 저는 정말 아무 것도 모르는 상태에서 의사 겸 과학자를 하고 싶다는 원대한 목표를 적어 놓았습니다. 그러나 막상 의사가 되어보니 연구를 한다는 것은 그렇게 마음이 앞서는 포부만을 가지고 할 수 있는 것은 아니라는 것을 알게 되었습니다.

대학원을 들어오기 전까지 혹은 대학원에 들어오고 나서도 한참동안은 연구에 대해서 막막하게만 느껴지고, 어떻게 해야 실제로 좋은 연구를 할 수 있을까 많은 고민을 했습니다. 대학원 수업을 듣고, 여러 연구와 관련된 강의를 찾아다니고, 마취통증의학과 수련 중 교수님들의 지도를 받고 논문들을 많이 접하면서 그 막막함을 차차 극복한 것 같습니다.

아직도 의미 있는 좋은 연구를 하기에는 역량이 많이 부족하지만 훌륭하신 교수님들의 지도와 일일이 열거하지 못할 여러 주변 사람들의 도움으로 인해 연구자로서 첫걸음은 디딜 수 있을 것 같습니다. 그간 도움을 주신 모든 분들께 진심으로 감사의 말씀을 드립니다.

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Abstract

Effect of intramuscular midazolam premedication on patient satisfaction in women undergoing general anaesthesia : a randomised control trial

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(Directed by Professor Kwang Ho Lee)

Objective

To determine the effect of premedication with intramuscular midazolam on patient satisfaction in women undergoing general anaesthesia.

Trial design, setting, and participants

Double-blind, parallel randomised control trial at a tertiary care medical centre in South Korea. Initially, 140 women aged 20–65 years who underwent general anaesthesia and had an American Society of Anaesthesiology physical status classification of I or II were randomly assigned to the intervention group or the control group, and 134 patients (intervention n=65; control n=69) completed the study.

Intervention

Intramuscular administration of midazolam (0.05 mg/kg) or placebo (normal saline 0.01 mL/kg) on arrival at the preoperative holding area.

Main outcomes

The primary outcome was the patient's overall satisfaction with the anaesthesia experience as determined by questionnaire responses on the day after surgery. Satisfaction was defined as a response of 3 or 4 on a five-point scale (0−4). The secondary outcomes included blood pressure, heart rate, oxygen desaturation, recovery duration, and postoperative pain.

Results

Patients who received midazolam were more satisfied than those who received placebo (percentage difference: 21.0%, odds ratio: 3.56, 95% confidence interval: 1.46–8.70). A subgroup analysis revealed that this difference was greater in patients with anxiety, defined as those whose Amsterdam Preoperative Anxiety and Information Scale anxiety score was ≥ 11, than that for the whole sample population (percentage difference: 24.0%, OR: 4.33, 95% CI: 1.25–14.96). Both groups had similar heart rates, blood pressure, and oxygen desaturation.

Conclusion

Intramuscular administration of midazolam in women before general anaesthesia in the preoperative holding area improved self-reported satisfaction with the anaesthesia experience, with an acceptable safety profile.

Keywords: Midazolam; Premedication; General Anesthesia, Patient satisfaction, Benzodiazepines

I. INTRODUCTION

Preoperative anxiety is a common problem in patients undergoing surgery. Surgical patients are prone to anxiety due to fear of intraoperative awareness, postoperative pain, complications, and mortality [1, 2]. The incidence of preoperative anxiety varies depending on the assessment tool used and target population. One study using the Amsterdam Preoperative Anxiety and Information Scale (APAIS) reported that 44% of patients were worried about anaesthesia [1]. Apart from an unpleasant emotional problem, anxiety is positively correlated with postoperative pain, nausea, vomiting, and adverse outcomes, such as infection and mortality [2, 3], and negatively correlated with patient satisfaction [4, 5].

Pharmacological intervention is an option for attenuating preoperative anxiety. Benzodiazepines are one of the main drug classes used for premedication prior to surgery, alongside beta-adrenoreceptor blockers and opioids [6]. Midazolam is a widely utilized benzodiazepine that produce anxiolytic and considerable anterograde amnesic effects. It has numerous advantages including a short half-life, minimal haemodynamic turbulence, and only mild respiratory depression [7]. In addition, midazolam can be easily administered via oral, rectal, intramuscular, intravenous, and intranasal routes. Preoperative midazolam is often administered intramuscularly, with various studies having examined this route of administration [8-11].

Some studies have reported the effect of premedication with benzodiazepines on patient satisfaction [5, 12-14]. However, the beneficial role of benzodiazepines as premedication

remains controversial. While the PremedX study reported no benefits of administering oral lorazepam as a premedication on patient satisfaction [5], other studies have reported that premedication with midazolam before surgery and endoscopic procedures improves patient satisfaction [7, 12, 15].

Certain clinical interventions are beneficial for high-risk populations but not for the general population [16]. Anxiety tends to be more common among women [17-19]. Therefore, we conducted a randomized controlled trial to assess the effect of premedication with midazolam on patient satisfaction in women.

II. METHODS

1. Study setting

This randomised parallel-group controlled trial was approved by the Institutional Review Board of Wonju Severance Christian Hospital (CR320166; approval date: 17 February 2021) and registered with the Clinical Research Information Service of Korea (KCT0006002; registration date: 16 March 2021). The study was performed at a tertiary care university hospital in Wonju, South Korea. This study is reported in compliance with the Consolidated Standards of Reporting Trials (CONSORT) guidelines.

2. Participants

All consecutive female patients aged 20–65 years who underwent elective surgery under general anaesthesia between 17 March and 18 August 2021 were considered for enrolment in this study. Exclusion criteria included having an American Society of Anesthesiologists (ASA) physical status classification of III or higher, body mass index (BMI) 30 or higher, diagnosed with an airway obstruction, contraindication to benzodiazepines, currently being medicated with either benzodiazepines or opioids, being pregnant, breastfeeding, having Child-Turcotte-Pugh class C hepatic dysfunction, acute narrow-angle glaucoma, inability to communicate, cognitive disorder, and inability to understand the written information about the trial or the informed consent form.

3. Study protocol

All participants received written information about the study on the day before surgery. Sufficient time was allowed for patients to learn about and understand the study before signing the informed consent form. Screening and enrolment were mainly conducted by one of the authors under the supervision of the corresponding author. The day before surgery, an assessment of preoperative anxiety was conducted using the Korean version of the APAIS, which was previously reported by Kim et al [20].

Patients were randomly assigned (1:1) to either the intervention or control group using a sealed envelope system. A random allocation sequence was created by the main author using R statistical software 4.0.4 (R Core Team, Vienna, Austria) [21]. The corresponding author maintained the opaque envelopes containing the group allocation until they were opened by one of the authors on the day of surgery.

A dedicated nurse was informed about which group each patient was allocated to and prepared the trial drug (midazolam 0.05mg/kg) or placebo (normal saline 0.01mg/kg) in a standard 1 mL syringe, according to group allocation. The volume of placebo was equivalent to the volume of premedication because the concentration of midazolam was 5 mg/mL. The draw-up needle was replaced with a 1.5-inch long 25-gauge needle.

Following arrival at the preoperative holding area and standard patient identification procedures, premedication or placebo was administered via intramuscular injection into the deltoid muscle on the non-dominant side by a second nurse who was blinded to group allocation. The surgical team and the attending anaesthesiologists were also blinded to

group allocation but were able to access relevant information via an electronic order communication system if necessary for patient care.

Following the standard anaesthesia monitoring procedure, oxygen was administered via a facial mask at a rate of 10L/min for three minutes. Remifentanil infusion was commenced and maintained at a rate of 0.1–0.2 $\mu g*kg^{-1}*min^{-1}$. Propofol was injected 1.5 mg/kg based on ideal body weight for induction of anaesthesia. After loss of consciousness, desflurane was administered at 0.7–0.9 minimum alveolar concentration to constitute balanced anaesthesia. Rocuronium was administered as a neuromuscular blocker and endotracheal intubation was performed using video laryngoscope from the initial attempt.

Following surgery, the patient was transferred to the post-anaesthesia care unit (PACU) and after 20 min of recovery, pain was evaluated using an 11-point numeric rating scale (NRS) with a score of 0–10. In accordance with the medical centre's recovery protocol, the minimum recovery period following general anaesthesia was 30 min, and participants responded to this study's questionnaire after 20 min of recovery and on postoperative day (POD) 1.

4. Variables and assessments

The primary outcome was overall satisfaction with the anaesthesia experience, which is either included as an item of various anaesthesia satisfaction questionnaires or used to validate them [22, 23]. The questionnaire also measured satisfaction with premedication, intraoperative anaesthetic service, postoperative pain, and willingness to receive the same

anaesthesia service if needed. Patients were asked to respond according to a five-point Likert scale ranging from 0 to 4, which has been used in several studies to measure patient satisfaction [24-27]. A response of 3 or 4 was defined as a positive response. The satisfaction levels of the intervention and control groups were then compared. A subgroup analysis of anxious patients, defined as those who had an APAIS score for anxiety (APAIS-A) of 11 or higher, was conducted [5, 20].

The secondary outcomes were safety profile, duration of recovery, postoperative pain, and administration of rescue antiemetics in the PACU. The safety profile was measured in terms of heart rate, blood pressure, and oxygen desaturation on arrival at the preoperative holding area, on arrival at the operating room, and after 20 min in the PACU. Perioperative adverse events such as reintubation or mortality during hospitalisation were recorded. Perioperative peripheral oxygen saturation < 95% was defined as oxygen desaturation. Intraoperative hypotension was defined as a mean blood pressure of < 60 mmHg.

5. Statistical analysis

The original analysis was planned and performed assuming the primary outcome, Likert-scale responses, as a continuous variable. However, given that a Likert scale of 0-4 is discontinuous, more appropriate analytical methods were applied. Responses in the Likert scale format were converted to binary as described in ‘Variables and assessments’, and binary logistic regression analysis was considered an alternative analytic method. A power

analysis was conducted, and the statistical power of the logistic regression analysis was 0.800. Accordingly, binary logistic analysis was adopted as the analytic method.

R statistical software (version 4.1.2) was used for statistical analysis and visualization [21]. Binary logistic regression analysis was performed to analyse patient satisfaction. Two-way repeated-measures ANOVA was used to identify statistically significant differences in blood pressure and heart rate between the groups.

Pain scores and other continuous variables were compared using a t-test. Categorical variables were analysed using chi-square tests, unless otherwise stated. Statistical significance was set at $P < 0.05$.

6. Sample size

We assumed that the variability of the primary outcome would be similar to that found in a prior study that used the same five-point Likert scale to determine patient satisfaction [25]. Comparison of means was assumed at the time the study was planned, and at least 10% difference was considered to be clinically significant. The alpha value was set to 0.05 and the beta value was set to 0.2, which meant that having at least 63 patients per group would be sufficient to represent the population and identify differences between the groups. The projected dropout rate was assumed to be 10%. Therefore, 70 patients were enrolled in each group.

III. RESULTS

The CONSORT flow diagram of this study is shown in Figure 1. One patient in the control group died of pulmonary thromboembolism on POD 1. One patient in the intervention group was later excluded during the data validation process because of a BMI > 30. Baseline patient demographics and the types of procedures performed are presented in Table 1.

The mean and standard deviation of APAIS-A and APAIS score for information desire (APAIS-I) of the whole patient sample were 11.3 ± 4.5 and 6.2 ± 2.3, respectively. There was no statistical difference in the vital signs on arrival at the preoperative holding area between the intervention and placebo groups (Table 2). The mean time interval between arrival at the preoperative holding area and arrival at the operating room was 15.3 ± 7.5 min.

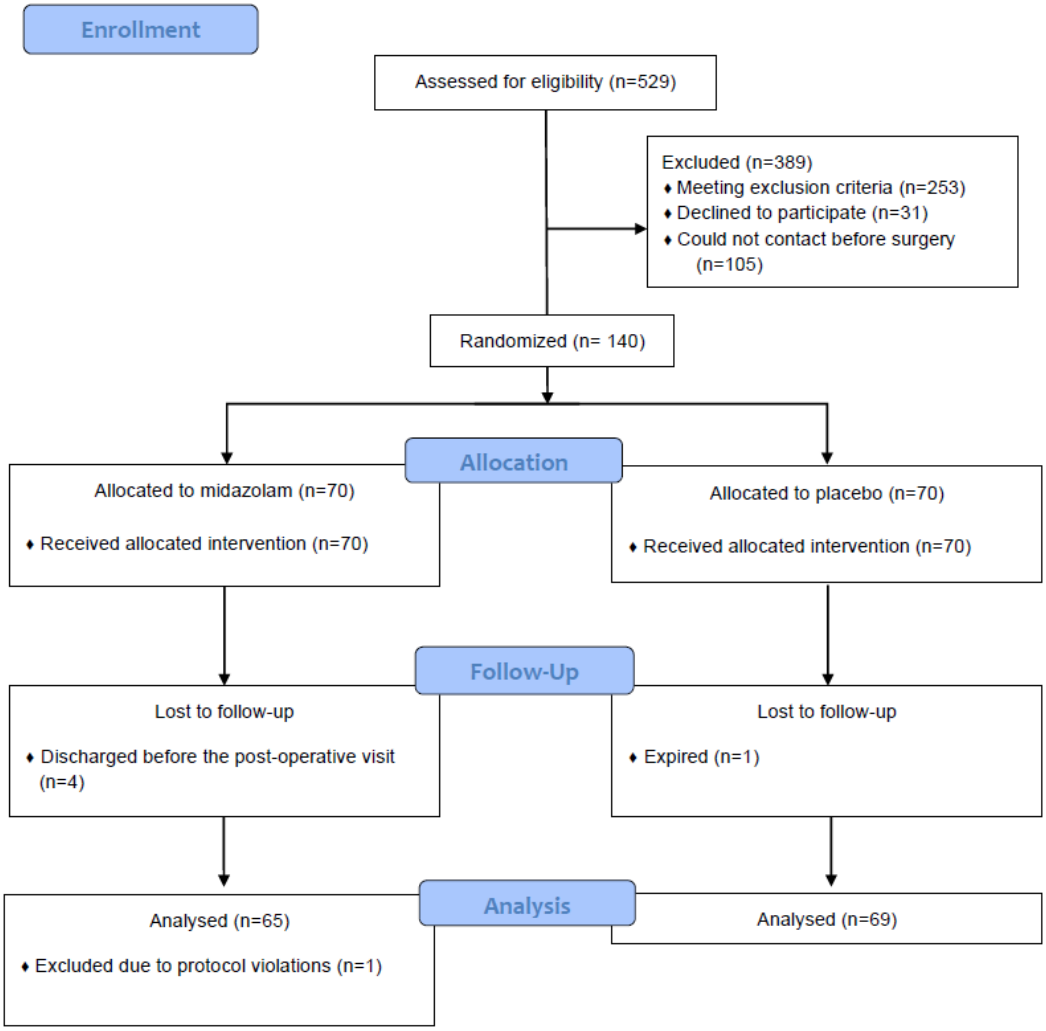

Figure 1. Study flow diagram.

Table1. Baseline characteristics.

	Midazolam (n=65)	**Placebo** (n=69)
Age, mean (SD), y	46.1 (11.1)	47.3 (11.3)
Age group, n (%)		
20-35	10 (15.4)	13 (18.8)
36-50	29 (44.6)	26 (37.7)
51-65	26 (40.0)	30 (43.5)
Body mass index, kg/m2, mean (SD)	23.8 (3.2)	24.2 (2.9)
ASA physical status classification, n (%)		
I	27 (41.5)	26 (37.7)
II	38 (58.5)	43 (62.3)
APAIS, mean (SD)	17.5 (6.1)	17.4 (6.3)
APAIS-A, mean (SD)	11.1 (4.4)	11.4 (4.5)
APAIS-I, mean (SD)	6.4 (2.1)	6.0 (2.4)
APAIS-A ≥ 11, n (%)	36 (55.3)	37 (53.6)
Length of Surgery, mean (SD), minute	89.9 (54.4)	86.1 (50.8)
Type of Surgery, n (%)		
Gynecologic	38 (58.5)	30 (43.5)
Digestive	16 (24.6)	21 (30.4)
Orthopedic	7 (10.8)	3 (4.3)
Ear, nose, and throat	1 (1.5)	7 (10.1)
Others	3 (4.6)	4 (5.8)
Number of times underwent anaesthesia, n (%)		
0	30	34
1	20	15
2	8	17
≥ 3	7	3
Patient-controlled analgesia used, n (%)	36 (55.4)	30 (43.5)

[a]includes experiences of both general and regional anaesthesia; ASA, American Association of Anesthesiologists, APAIS, Amsterdam Preoperative Anxiety and Information Scale, APAIS-A, Amsterdam Preoperative Anxiety and Information Scale Score for Anxiety, APAIS-I, Amsterdam Preoperative Anxiety and Information Scale Score for Information desire.

Table 2. Safety profile by group.

	Arrival at the preoperative holding area		Arrival at the operating room		After 20 minutes in PACU		P value[b]
	Midazolam	Placebo	Midazolam	Placebo	Midazolam	Placebo	
HR, beats per minute	66.6 (8.3)	67.5 (10.3)	72.6 (10.9)	77.0 (14.0)	70.9 (13.6)	71.9 (14.2)	0.22
SBP, mmHg	119.2 (12.8)	119.9 (15.4)	131.4 (20.9)	139.1 (21.4)	134.5 (18.8)	138.1 (19.4)	0.11
DBP, mmHg	76.0 (9.3)	78.0 (10.5)	75.2 (11.8)	79.0 (13.0)	80.2 (10.5)	82.3 (13.0)	0.66
MBP, mmHg	90.0 (9.8)	91.7 (11.4)	93.6 (13.3)	98.4 (14.0)	98.0 (12.3)	100.9 (14.3)	0.39
Incidence of O_2 desaturation[a], n	0	0	1	0	0	0	

Data for continuous variables are presented as mean (SD); [a], peripheral oxygen saturation < 95%; b, statistical significance of two-way repeated-measures ANOVA; PACU, postoperative care unit, SBP, systolic blood pressure, DBP, diastolic blood pressure, MBP, mean blood pressure.

For the primary outcome, patients who received midazolam tended to be more satisfied than those who received placebo (percentage difference: 21.0%; Table 3 and Figure 2). Patients who received midazolam were more satisfied with premedication and pain control than those who received placebo; however, this difference was not statistically significant. Patients who received midazolam were more willing to receive the same anaesthesia service later, if needed, than patients who received the placebo, and this difference was statistically significant (Figure 3).

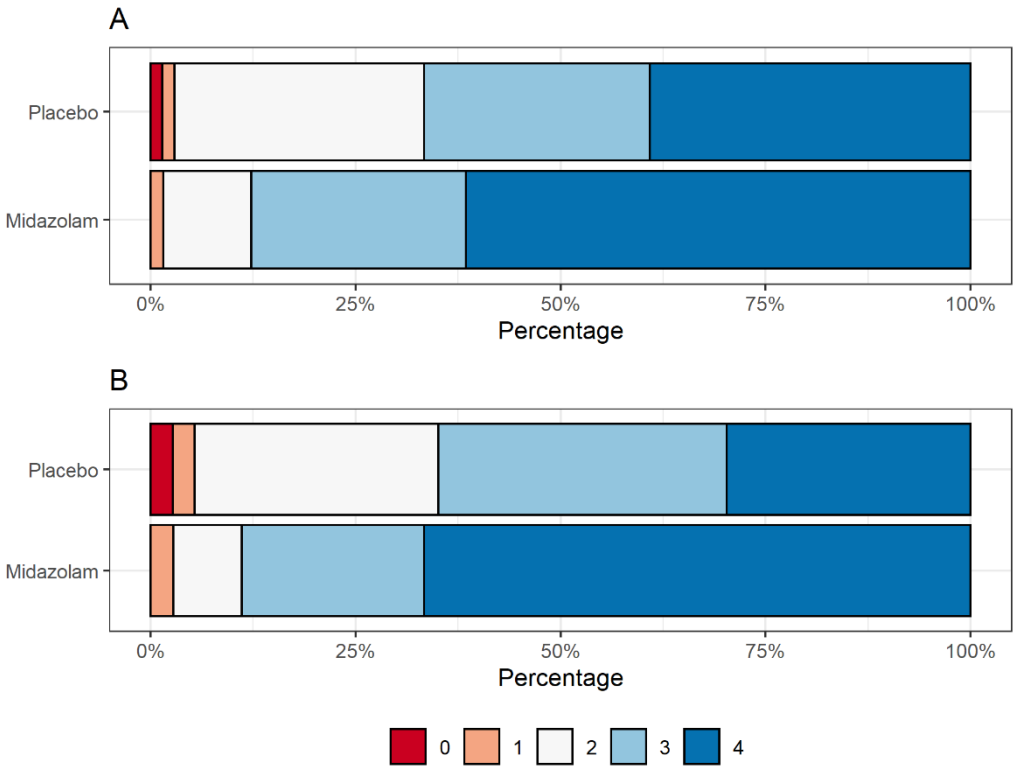

Figure 2. Overall satisfaction with the anaesthesia experience for (A) all patients and (B) anxious patients with APAIS score for anxiety ≥11. APAIS, Amsterdam Preoperative Anxiety and Information Scale.

Table 3. Patient satisfaction by group.

	Midazolam (n=65)	Placebo (n=69)	Odds ratio (95% CI)
Satisfied overall, n (%) †	57 (87.7)	46 (66.7)	3.56 (1.46 – 8.70)
Satisfied with premedication, n (%)	52 (80.0)	48 (69.6)	1.75 (0.79 – 3.88)
Satisfied with anaesthesia in the OR, n (%) *	60 (92.3)	54 (78.3)	3.33 (1.14 – 9.78)
Satisfied with postoperative pain control, n (%)	49 (75.4)	50 (72.5)	1.16 (0.53 – 2.52)
Will receive the same anaesthesia if needed, n (%) †	58 (89.2)	48 (69.6)	3.62 (1.42 – 9.25)

*p < 0.05, †p < 0.01; CI, confidence interval, OR, operating room.

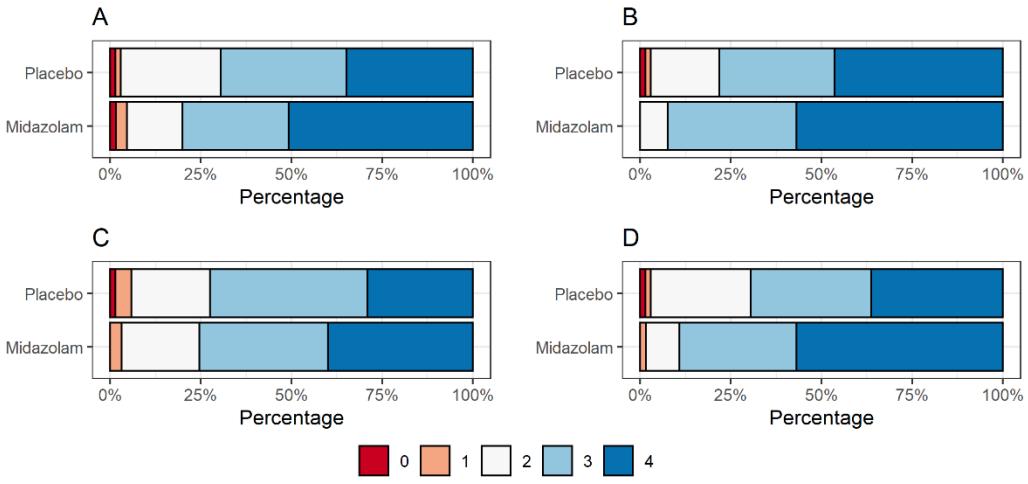

Figure 3. Patient responses regarding (A) satisfaction with premedication, (B) satisfaction with anaesthesia in the operating room, (C) satisfaction with postoperative pain control and (D) willingness to receive the same anaesthesia if needed.

In the subgroup analysis of patients with anxiety, there was no statistically significant difference between the groups in terms of their age, BMI, ASA physical status classification, APAIS score, and type of surgical intervention received (Table 4). Compared to the general sample, in this subgroup, the intervention group was more satisfied overall than the placebo group (percentage difference: 24.0%; Figure.2 and Table 4).

With regard to secondary outcomes, the assessment of time-treatment interactions showed no statistically significant differences in the heart rates and systolic, diastolic, and mean blood pressures between the groups. The incidence of intraoperative hypotension was also similar between groups (Table 5). One patient in the intervention group experienced oxygen desaturation (SpO2 94%) upon arrival in the operating room. The intervention group had a slightly longer mean recovery duration; however, this difference was not statistically significant. The intervention group had significantly higher postoperative pain scores after 20 min of recovery. Postoperative pain scores on POD 1 and administration of rescue analgesic use in the 24 h after surgery were similar in both groups. The number of patients rescue antiemetics was more than twice the number of patients in the placebo group.

Table 4. Characteristics and outcomes of the anxiety subgroup.

	Midazolam (n=36)	**Placebo** (n=37)	**Odds ratio** (95% CI)
Age, mean (SD), y	47.6 (11.5)	47.9 (11.2)	
Body mass index, kg/m2, mean (SD)	24.3 (3.1)	24.6 (3.2)	
ASA physical status classification, n			
I	15	12	
II	21	25	
APAIS-A, mean (SD)	14.2 (3.1)	14.8 (3.2)	
Type of Surgery, n			
Gynecologic	22	15	
Digestive	9	11	
Others	5	10	
Satisfied overall, n, % *	32 (88.9)	24 (64.9)	4.33 (1.25 – 14.96)
Satisfied with premedication, n, %	30 (83.3)	25 (67.6)	2.40 (0.79 – 7.31)
Satisfied with anaesthesia in the OR, n, % *	35 (97.2)	27 (73.0)	12.96 (1.56 – 107.57)
Satisfied with postoperative pain control, n, %	28 (77.8)	26 (70.3)	1.48 (0.52 – 4.26)
Will receive the same anaesthesia if needed, n, % †	34 (94.4)	25 (67.6)	8.16 (1.67 – 39.8)

*$p < 0.05$, †$p < 0.01$; ASA, American Association of Anesthesiologists; APAIS-A, Amsterdam Preoperative Anxiety and Information Scale score for Anxiety.

T**able 5**. Secondary outcomes by group.

	Midazolam (n=65)	**Placebo** (n=69)	**Mean differences between group** (95% CI)	**Relative risk** (95% CI)
Recovery duration, min.	36.3 (16.6)	33.3 (6.0)	2.97 (-1.25 – 7.20)	
Pain NRS-11 after 20 minutes of recovery †	6.1 (2.3)	5.0 (2.1)	1.06 (0.32 – 1.81)	
Pain NRS-11 on POD 1	3.8 (2.1)	3.1 (2.0)	0.70 (0.00 – 1.40)	
The number of time rescue analgesics were used 24hrs after surgery, median (IQR)	1 (1, 2)	1 (0, 1)	0.44 (-0.02 – 0.89)	
Intraoperative hypotension, n. (%)	21 (32.3)	21 (30.4)		1.06 (0.64 – 1.75)
Administration of rescue anti-emetics, n. (%)	5 (7.7)	10 (14.5)		0.53 (0.19 – 1.46)

Data for continuous variables are presented as mean (SD); †$p<0.01$; CI, confidence interval; IQR, interquartile range; NRS, numeric rating scale; POD, postoperative day.

IV. DISCUSSION

Patient satisfaction is gaining recognition as an important healthcare outcome that represents the quality of health care from a patient perspective [28]. The preoperative management of surgical patients should be conducted in consideration of patient satisfaction [29]. Patient satisfaction with anaesthesia is determined by various factors, such as patient demographics, intraoperative awareness, and quality of recovery [30].

In this study, among women undergoing general anaesthesia, patients who received premedication with intramuscular midazolam were more satisfied with the anaesthesia experience than those who received premedication with placebo. This difference was even more pronounced in the patients with anxiety. Comparison of anxious patients with the rest of the intervention and control groups showed that premedication with midazolam had a protective effect against dissatisfaction with the anaesthesia experience caused by preoperative anxiety.

Midazolam is the most frequently used benzodiazepine for premedication [31]. Despite patients' frequent concern about intraoperative awareness [1, 32], the amnestic effect of midazolam is not associated with depth of sedation [33, 34]. The pharmacological properties of midazolam, including its anxiolytic and amnestic effects, make it suitable as a premedication for general anaesthesia to enhance the anaesthetic experience while minimising the risks of cardiopulmonary complications.

No emergency airway intervention was required after the administration of midazolam. One patient in the intervention group experienced oxygen desaturation, however, the

oxygenation levels normalized following the encouragement of deep breathing of ambient air. Heart rate, systolic blood pressure, and mean blood pressure were lower in the intervention group than in the control group upon arrival at the operating room. However, these differences were less than 10%. These differences were also observed in the PACU, but were not statistically significant.

Midazolam is manufactured in aqueous form and can be uniformly absorbed when administered via intramuscular injection. This route has some benefits over oral and intravascular administration [35]. Intramuscular administration offers a more rapid onset of anxiolysis than gastrointestinal administration, bypassing gastric factors and the substantial first-pass metabolism of the drug. Intramuscular injection can achieve effective anxiolysis comparable to that achieved through intravenous injection when vascular access is unavailable.

Premedication practices can vary considerably depending on the protocol of the anaesthesiology department and the preferences of the anaesthesiologist [9]. To minimise the risk of adverse events such as respiratory depression, some anaesthesiologists prefer not to administer premedication before transferring the patient to the operating room. However, premedication for highly anxious patients in the preoperative holding area with a rapid-onset agent can help reduce dissatisfaction with the anaesthesia experience. This intervention is found to be especially effective in patients who are expected to stay in the preoperative holding area for more than 15 min [8].

The intervention group had higher NRS-11 pain scores in the PACU than the placebo group. Frolich et al. reported that the administration of midazolam increases short, intermittent, and sustained pain perception [36]. In our study, higher pain scores were not always negatively correlated with patient satisfaction. These findings are supported by Pozdnyakova et al., who also reported that higher pain scores did not correlate with worse patient satisfaction [37]. Patient satisfaction can be reduced when their expectations are not met. Therefore, providing appropriate and timely analgesia can minimise the reduction in patient satisfaction when the difference in pain scores is not substantial. The minimum difference required in the NRS-11 scores for determining a clinically significant difference in pain was reported to be 1.23 [38], suggesting that the difference in the groups' pain in the present study was not clinically substantial.

This study has some limitations. The target population was relatively small. We enrolled relatively healthy young adults and excluded obese patients and those with a medical history of airway obstruction. Furthermore, all patients were ethnically Korean; therefore, the generalisability of this study's results is limited. However, it is worth noting that similar findings were reported in the ConCIOUS cohort [38].

Only patients undergoing general anaesthesia with a restricted range of drugs were enrolled in this study. Patient satisfaction with the anaesthesia experience can vary according to the anaesthetic method and drug regimen. Finally, the power of the subgroup analysis was insufficient. Thus, additional research is needed to confirm benefits of preoperative midazolam administration in subgroups of different surgeries.

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국 문 요 약

여성 전신마취 환자에서 근육주사 미다졸람 예비투약 시 환자 만족도에 미치는 영향에 대한 무작위 대조 시험

수술을 받는 환자들은 수술중 각성, 수술후 통증, 합병증, 사망에 대한 불안이 생기기 쉽다. 약물을 통한 중재가 수술전 불안을 감소시키는 한 가지 방법일 수 있으며, 벤조다이아제핀은 수술 전 예비투약을 하는 가장 흔한 약물 종류 중 하나이다. 이 연구를 통해 남성보다 상대적으로 불안에 상대적으로 취약한 여성들에게 미다졸람을 근육주사로 수술전에 투여하여 만족도에 미치는 영향을 확인하고자 하였다.

대한민국의 단일 3차 의료기관에서 평행 집단 이중맹검 무작위 배정 시험으로 연구를 시행하였다. 포함 기준은 전신 마취를 받으면서 수술을 받는 사람, 만 20세에서 65세, 여성이었다. 미국 마취과 학회 신체 상태 분류가 III 이상, BMI가 30 이상인 경우, 기도 폐색을 진단받았던 경우, 벤조다이아제핀에 금기에 해당하는 경우, 기존에 벤조다이아제핀이나 아편계 약물을 투여받는 경우, 임산부, 수유부, Child-Turcotte-Pugh 분류 C의 간 기능 이상, 급성 협우각 녹내장, 의사소통이 불가하거나 인지 기능에 문제가 있어 서면 동의가 불가능한 경우는 연구에서

배제하였다.

환자들은 무작위로 생리식염수나 미다졸람 집단에 수술 당일 아침에 배정되었으며, 수술 전 대기실에서 삼각근 부위에 근육주사로 예비투약을 받았다. 마취 유도는 양쪽 집단이 동일하게 이상체중(ideal body weight)의 1.5mg에 해당하는 양의 프로포폴로 시행하였고 마취 유지는 0.7 - 0.9 MAC의 데스플루란과 0.1 - 0.2μg*kg^{-1}*min^{-1}의 레미펜타닐 지속주입으로 유지하였다. 환자의 만족도는 수술 후 24시간이 지난 후 0에서 4까지의 다섯 단계로서 조사하였으며, 수술 전 후의 혈압, 심박수, 저산소증 등을 함께 기록하였다.

미다졸람을 예비투약 받은 환자들은 생리식염수를 투여 받은 환자들보다 만족하는 경우가 통계적으로 유의하게 많았다(21% 차이, 오즈비 3.56 및 95% 신뢰구간 1.46 - 8.70). 하위군분석에서 불안이 더 높은 환자군에서 이 차이가 더 크게 나타났다(24% 차이, 오즈비 4.33 및 95% 신뢰구간 1.25 - 14.96). 양쪽 집단에서 심박수, 혈압, 저산소증 발생 빈도는 비슷하였다.

결론적으로 전신마취를 받는 여성에서 근육주사로 미다졸람을 예비투약하는 것은 안전에 미치는 유의한 영향 없이 환자의 만족도를 향상시키는 것으로 보인다.

핵심되는 말 : 미다졸람, 예비투약, 전신마취, 환자 만족도, 벤조다이아제핀