POST-OPERATIVE INSTRUCTIONS & INFORMATION
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Background:
Follow-up calls to post-operative patients revealed a need to improve the process of providing discharge instructions, as patients frequently denied reviewing or remembering where the take-home instructions were located.

Objectives:
1. Discuss challenges providing discharge instructions to patients in the post-operative area.
2. Detail pragmatic strategies to assure discharge instructions, prescriptions, and patient education materials are organized and accessible for post operative patients and/or families.
3. Identify cost effective processes utilized by staff in the Ambulatory Surgery Operating area at a Magnet hospital to facilitate discharge teaching.

Process of Implementation:
Post-operative patients in the Ambulatory Perioperative setting present many challenges when receiving discharge instructions. They are often under the effect of various sedating medications and discharged within several hours of their procedure. Nursing leadership in the Ambulatory Perioperative area at a Magnet hospital recognized this opportunity to improve discharge teaching. The team reviewed several modalities to enhance discharge teaching, inclusive of pre-printed folders and refrigerator magnets. Ultimately the team decided to create their own “Information and Instructions” folder. This low-cost folder was created utilizing adhesive labels with the hospital logo, as well as a place to include contact information for the surgeon. The folder contains discharge instructions, prescriptions, patient education materials, and other materials as needed. The staff review the instructions at the time of discharge, preferable with the caretaker present, utilizing the phrase ‘instructions and information’ several times to assure the name of the folder matches their teaching.

Statement of the Successful Practice:
The use of the “Instructions & Information” folders and terminology has enhanced discharge teaching. Patients are able to identify they received discharge teaching instructions and can locate the instructions at home during follow-up phone calls.

Implications for advancing the Practice of Perianesthesia Nursing:
The use of low-cost folders to organize discharge information, as well as scripting terminology to match the folder, has positively impacted discharge teaching in one Magnet Ambulatory Perioperative setting. This poster will detail this process and share pragmatic strategies other organizations can utilize to enhance discharge teaching.