CREATING A DAY SURGERY DISCHARGE INSTRUCTION SHEET FOR OBSTRUCTIVE SLEEP APNEA (OSA) PATIENTS

Team Leader: Marie Courtney BSN RN CPAN CAPA
Brigham and Women’s Hospital, Boston, Massachusetts
Team Members: Sandra Torrisi BS RN CAPA, Joanne Hart BSN RN CPAN, Josette Renda BSN RN, Barbara Audin BSN RN CPAN, Heather Murphy BSN RN CAPA, Selene Goes RN, Hazel Gould MBA BSN RN

Background Information:
• Day Surgery did not have a standard instruction sheet or discharge tool for patients with OSA
• The Day Surgery Unit is discharging home more patients with OSA
• Patients are being discharged home with prescriptions for narcotics
• Patients are not always compliant with using CPAP machines at home

Objectives of Project:
• To educate and increase patient/family understanding about OSA
• Safe medication management at home
• To provide patients with a clear understanding of how to care for themselves at home
• To create a teaching guide in plain language in an easy to read format
• To encourage more compliant CPAP use at home while napping and sleeping

Process of Implementation:
• Day surgery and PACU nurses created a discharge instruction sheet for OSA patients
• Education provided to staff on new guidelines for discharging OSA patients
• Review of document by OSA committee and collaborating Physicians
• Transfer instructions into EPIC to allow easy access for all caregivers

Statement of Successful Practice:
• Patients verbalize and demonstrate understanding of OSA discharge instructions
• Patients are discharged home safely with formalized, consistent instructions
• Patients are discharged home with a responsible adult and teaching about CPAP machines while taking narcotics

Implications for Advancing the Practice of Perianesthesia Nursing:
• Improve patient post-operative outcomes and decreasing rate of re-admission
• Standardizing the post-operative care and instructions
• Patients are safely discharged home