

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

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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