

## **IMPROVING REGIONAL ANESTHESIA EDUCATION IN PRE-OP AND PACU: DEVELOPMENT OF A STANDARDIZED REGIONAL ANESTHESIA PATIENT EDUCATION PROTOCOL AND STAFF EDUCATION PLAN**

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**Background Information:** Patient feedback from post-op calls indicated that patients are not only dissatisfied with the manner in which they are given regional anesthesia instructions, but are also unsure when to call the regional providers following discharge. A survey of the Pre-op/PACU nursing staff indicated a lack of consistency with patient education and a gap in knowledge regarding regional anesthesia. Current practice involved no patient education preoperatively and inconsistent discharge education from the PACU.

**Objectives of Project:** The objectives of this project involved standardizing patient education before and after surgery, and standardizing how nurses are trained regarding these patients.

**Process of Implementation:** The project looked at impacting both the patient experience and staff knowledge.

For the patient portion of the project, an education bundle was developed.

1. A Patient Education Handout was developed and approved by the UC San Diego Patient Education Council. The laminated handout was given to patients during pre-op to provide them time to review the information and ask questions prior to anesthesia;
2. Providing discharge instructions (orally and with a handout) in a teach back method to both the family and the patients prior to the initiation of regional anesthesia including discharge equipment and pain management;
3. Reiterating high points of the instructions immediately prior to discharge.

For the staff education portion, a different bundle was developed:

1. Development of a Regional Anesthesia online Learning Module for all current and oncoming staff to complete, with pre and posttests to assess knowledge;
2. An education poster and reference sheet was created for all PACU areas as a reminder to nurses on what required elements must be addressed prior to the patient being discharged.

**Statement of Successful Practice:** The success of this project will be measured by assessing: 1) pre/post intervention patient feedback from post-op calls, 2) pre/post test scores by staff nurses, and 3) assessing the number of times the regional teams are called regarding pain or education related complaints following discharge.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Successful implementation of this project may lead to standardizing patient education bundles for other perioperative populations.