

## **Standardization of Active Post-op Voiding Trials for Same-Day Discharge GYN Patients**

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**Background Information:** Variation in practice for discharge criteria for patients having hysterectomies and urologic/gynecologic repairs for planned same-day discharges resulted in increase length of stay (LOS) in Phase II Recovery and multiple provider notifications. Foley catheters were removed in the operating room routinely; however, inconsistent practices existed regarding voiding amounts and post void residuals contributed to discharge delays.

**Objectives of Project:** The adoption of a standardized active post-operative nurse driven voiding trial is the intervention of choice to address the reduction of Phase II recovery time. This standardization provides consistent determination for discharge home with or without foley catheter while reducing the LOS in Phase II recovery.

**Process of Implementation:** A multidisciplinary team including nursing leadership, clinical nurse specialist, bedside clinical staff, and gynecologic surgeons met to develop a process for standardization. Utilizing current evidence and clinical expertise of a urogynecologic surgeon, a protocol and associated electronic medical record documentation was developed. The protocol maintains the foley catheter until the Phase II recovery period. Once in Phase II recovery, the protocol begins by retrofilling the patient's bladder with a standard amount of solution via the foley catheter then immediately removing the foley catheter. If the patient is unable to void two-thirds of the amount instilled within 15 minutes, they are discharged with a foley catheter, appropriate education, and a follow-up appointment with their surgeon the next day.

**Statement of Successful Practice:** The implementation of a standard protocol for post voiding reduced length of stay by 115.5 minutes or 53.1% overall during a nine-month period in 2022 if the patient required foley catheter re-insertion for discharge. Utilization of the protocol is 94%, suggesting enculturation of change.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Standardized nurse driven protocol reinforces nursing autonomy and improves workflow/throughput in the post anesthesia care environment.