

The B-Link System: A British Best Practice Becomes a Nursing-Led Innovative Program in the United States

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Background Information: In 2017, the Einstein Healthcare Network (EHN) Surgical Services Nursing Shared Governance Committee (“Surgical Cluster”) challenged the accepted practice of rinsing indwelling urinary catheter drainage bags daily with a vinegar/bleach solution. Surgical Cluster deemed the practice as a “sacred cow”, a tradition not based in evidence. Utilizing evidence-based decision-making, the team of clinical perioperative nurses collaborated with a large patient engagement corporation to eliminate unnecessary rinsing from discharge instructions in the electronic medical record. This simplified discharge instructions for 1000 hospitals and allowed patients to maintain a “closed” leg bag system at home, not possible with daily rinsing regimens.

Objectives of Project: The British Link System (B-Link) is the adoption of a UK standard of practice in the United States to simplify maintenance of a catheter for post-prostatectomy patients. The practice will increase patient satisfaction and reduce anxiety about having a catheter at home. The patient never disconnects the leg bag, connecting disposable night bags to the distal drain port. The catheter is removed at the follow-up appointment.

Process of Implementation: The team secured a grant to cover the costs of the required non-reimbursable supplies, and video tablets for patients to review instructions at home. Clear video instructions were produced explaining the innovative procedure. The video will be posted on social media and preloaded to tablets given to clients. Educational collaboration workshops were held with inpatient nursing staff, perioperative RNs, and Urology physicians to support the initiative. Patient satisfaction and preoperative anxiety is measured with evidence-based tools. Readmission cases will be reviewed for educational gaps.

Statement of Successful Practice: The B-Link system is a cost-effective intervention to reduce anxiety and improve patient experiences for an overwhelming surgery. Multimedia video instruction is a preferred teaching method to better prepare patients for prostatectomy home care.

Implications for Advancing the Practice of Perianesthesia Nursing: Patient engagement can be optimized with the use of video instructions viewed in a more relaxed setting. Social media can be utilized as an effective teaching method for patients, caregivers and healthcare workers. Further research is required to support the hypothesis that the reduced contamination risk of the link system decreases urinary tract infections. This would require data collection beyond the scope of the perioperative team.