Improving Education for Pediatric Day Surgery Patients
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Background
- Post-operative discharge instructions for day surgery pediatric patients at BCH are given in the busy post-anesthesia care unit (PACU)
- Due to many environmental distractions, there is concern whether patients/caregivers retain important discharge instructions
- Anxiety is heightened on day of surgery, making it more difficult for caregivers to learn and retain information
- This evidence-based review was conducted to discover effective ways to deliver discharge teaching to pediatric surgical patients/caregivers

Clinical Practice Question
P: In Pediatric Day Surgery Patients
I: Does discharge teaching performed preoperatively
C: Compared to the current practice
O: Affect patient/family learning outcomes?

Collecting the Evidence
Where did you search for evidence: EBSCO, Pub Med, CINAHL

<table>
<thead>
<tr>
<th>Total Electronic Search Yields</th>
<th>Inclusion Criteria: Peer reviewed academic journals</th>
</tr>
</thead>
<tbody>
<tr>
<td>:</td>
<td>Keywords: adult &amp; pediatric, day surgery &amp; recovery care units, perioperative education, teach-back, patient satisfaction, technology</td>
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<tr>
<td>Number Excluded</td>
<td>Exclusion Criteria: Articles over 10 years old, non-English</td>
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</table>

Number Included
- Level IV: 1
- Level V: 2
- Level VI: 5
- Level VII: 2

Key Sources of Evidence

<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Year</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newton, L. &amp; Suman, C. (2016)</td>
<td>2016</td>
<td>Pilot project: Survey data showed high level of family satisfaction with amount and educational content.</td>
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Critical Appraisal of the Evidence
- The overall impact of discharge teaching across the body of evidence points to the value of the use of technology, along with pre-operative teaching occurring in conjunction with post-operative teaching.
- Teach back was a valuable strategy to provide effective discharge teaching.
- There was more literature that focused on adult experience, however this can be applied to pediatric patients.
- Evidence is applicable to pediatric day surgery unit (DSU) patient population.

Translating Evidence into Practice
- Evidence concludes that patient’s and caregiver’s satisfaction improved with pre-operative teaching.
- Pre-operative teaching, in combination with same day reinforcement and teach back, provide the most effective discharge teaching.
- Successful methods for the delivery of pre-operative patient and caregivers education include technology, videos, and websites of text for implications.

Next Steps
- Evaluate all methods of pre-op discharge instructions that are part of current practice.
- Evaluate use of branded videos and family education materials for delivering pre-operative education.
- Build effective preoperative teaching plan that incorporates best practices.
- Evaluate use of teach-back in pre-op area.
- Brainstorm about innovative methods for providing discharge instructions, including technology.
- Develop patient satisfaction surveys to evaluate the outcomes of these interventions.

Clinical Expertise

<table>
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<tr>
<th>Expert</th>
<th>Findings</th>
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| Claire O’Brien, MBA, CNOR, RN NE-BC | Nurses in the unit are still fully engaged in the program, since it began in 2013. Nurses report decreased anxiety in PACU when they received preoperative teaching for postop instruction.

Acknowledgments
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