

KEEPING THE PREOPERATIVE DIABETIC PATIENT FROM PLUMMETING

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Background: Pre-op Diabetics patients come through Day of Surgery Unit (DOSU) for surgery. Their scheduled operating room times vary. A concern was their experiencing a hypoglycemic episode due to their NPO status and diabetic medication(s). A retrospective chart audit was done on all diabetic patients for a month. An instrument was developed including medical record number, scheduled surgery time, time to surgery, fasting blood sugar on arrival, hemoglobin A1C, diabetic type, intra-operative and/or post operative blood sugar, and diabetic medication(s).

The objective was the patient would not experience hypoglycemia with the present diabetic protocol at our institution regardless of surgery time.

The study resulted 141 or 26% of the patients had diabetes out of the total of 541 patients. A randomized study was done on every third patient for a final total of 46 chart reviews. The data revealed no episodes of hypoglycemia. The preoperative reported blood sugar average was 147 and the average A1C of 7.2. The average postoperative blood sugar was 164. There were no incidences of hypoglycemia in the randomly chosen patients. The study was unable to determine if all the cases were first cases for the physician because some surgeons operate later in the morning or afternoon.

The implication of this study showed that the current practice in place for the DOSU concerning diabetics is adequate, however, it does indicate that a future time study of hypo/hyperglycemia episodes and the nursing time to notify anesthesia and treat the patient would benefit the DOSU nurses.