

2 West Pre/Post Care for Patients Taking GLP-1 Drugs for Weight Loss

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Abstract Background Information: The use of GLP-1 drugs for weight loss is on the rise. These medications have a serious side and cause complications associated with anesthesia. Surgical and procedural patients who are prescribed these medications were not provided with the information for the need and when to stop these medications prior to elective procedures. These patients arrive for their scheduled procedures and have not stopped their weight loss medication. Due to this, we are unable to proceed safely with the scheduled procedure or surgery. Our unit has seen an increase in cancellations due to the side effect of these medications and the danger patient might face if they have not stopped their meds in sufficient time.

Objectives of Project: To collaborate with our endoscopy partners, pre-admission testing, surgeons, and anesthesia to understand the education that patients were being provided on when to stop their GLP-1 medication and to provide more education to our staff. By collaborating with our partners, we hoped to see a decline in cancellations in patient procedures and increase patient satisfaction.

Process of Implementation: Spoke with Endoscopy physicians and surgeons to develop a plan of how to proceed with patients on GLP-1 drugs. Reviewed pharmacy guidelines for recommendations. Worked with leadership on how to ensure patients are receiving the current education on when to stop medications. Finally worked with anesthesiologists to learn what their recommendations were from ASA and how they determined if cases should proceed or not.

Statement of Successful Practice: There has been a noted significant decrease in procedure cancellations after implementation of correct patient information. Staff were educated and provided with a quick reference for when to stop medications.

Implications for Advancing the Practice of Perianesthesia Nursing: Collaboration with all stakeholders in the process helps promote the profession and practice of all perianesthesia nurses. It is important for all perianesthesia nurses to stay up to date on new guidelines and recommendations in regards to caring for their patients and to be advocate for their patients.