

Day of Surgery Food Menu

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Abstract Background Information: PACU often holds patients for hours waiting for beds in the hospital. Our current process for ordering food for patients is to call the Food Services and request a tray. Patients are not allowed to pick what they want to eat. I have taken care of several patients who have had PONV and had issues tolerating the smells wafting from the other patient's trays. Patients were being served fish, steak, and other meal items that can be harsh on a postoperative stomach. We have also had patients who had a TCAR and was given a grilled cheese as his first meal. The patient ended up aspirating and had to go to OR emergently. We decided to bring this issue up in our monthly staff meeting to see what options are available to help implement a solution to this problem.

Objectives of Project: The objective of this project was to streamline the process to get postoperative patients choice on what they can eat, and get them foods that are more appropriate for their condition.

Process of Implementation: I proposed the problem in our staff meeting, and I sent a follow-up email to my nurse manager to start the process of creating a food menu. From there, we contacted Food Services to get ideas from them and see how it could be implemented. Food services put together a list of foods that would be more suitable for their condition, and a menu was assembled. The menu was then sent back to PACU to review and approve. An announcement was made at huddle to alert staff of the new procedure.

Statement of Successful Practice: After a few months of work, we have initiated the Day of Surgery Food Menu successfully. Now our PACU patients have food options that they can choose depending on how they feel. These food options are more congruent with how we educate our patients to eat after receiving anesthesia services.

Implications for Advancing the Practice of Perianesthesia Nursing: Implementing the Day of Surgery Food Menu creates more consistent messaging about postoperative nutrition. It makes postoperative nutrition education more impactful, and helps to create a better overall patient experience.