

Enhancing Post-Anesthesia Discharge Education Through QR Code Video Modules: Focus on Nurse-Led Instruction for Patients with Foley Catheters

Team Leader: Sonja K. Welter BSN RN CPAN
UCHealth, Aurora, CO

Abstract Background Information: Effective post-anesthesia discharge education is critical to ensure reduced complications and successful patient recovery, particularly for those discharged with indwelling devices such as Foley catheters. Traditional instructions are often insufficient due to patient drowsiness, time constraints, language barriers and varying literacy levels. Integrating digital tools, such as a QR-code video modules, may enhance comprehension and retention of discharge instructions. Modules can be accessed in the recovery room and once discharged at home, out of the house and always available on UCHealth's app.

Objectives of Project: To evaluate the effectiveness of implementing multifaceted learning styles (visual, auditory, read/write and kinesthetic), multilingual discharge education and tools—including QR code video modules, printed text, and hands-on demonstration. To improve patient understanding and discharge outcomes for patients discharged with Foley catheters following anesthesia.

Process of Implementation: This project was conducted in a post-anesthesia care unit (PACU). Nurses received targeted training on the use and delivery of QR codes linked to short, evidence-based video modules covering Foley catheter care, signs and symptoms of infections and troubleshooting. Patients discharged with a Foley catheter were provided a printed QR code along with standard written instructions and brief hands on-tactile demonstration. To address language diversity, materials were provided in English and Spanish including video content and written instructions when available. Nurse engagement and adherence, patient satisfaction, and comprehension were evaluated through surveys, chart audits and phone calls post-discharge.

Statement of Successful Practice: The predicted outcome of the implementation of a multifaceted discharge education process, including QR code videos, printed instructions, and hands-on demonstrations, will be to enhance discharge foley comprehension among patients and families and compliance among the PACU nurses to provide the various education methods. This project is currently in process with positive projections; outcomes will be updated once fully compiled.

Implications for Advancing the Practice of Perianesthesia Nursing: This project demonstrates the value of multimodal and multilingual discharge education as well as streamlines and standardizes nurse driven patient education. Following the success of the provided education, PACU will expand this model to include orthopedic discharge teaching—specifically for crutch and walker use. It is predicted that expanding QR-based video education will support safer transitions of care and reduce preventable post-discharge complications across multiple patient populations.