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Introduction

- PACU often holds patients for hours waiting for inpatient beds in the hospital. Our previous process for ordering food for patients was to call Food Services and request a tray. Patients were not allowed to pick what they wanted to eat.
- Several patients who experience PONV have 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 also had a patient with a TCAR who received a grilled cheese as their first meal. The patient ended up aspirating and had to go to the 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.
- The objective of this project was to streamline the process with Food Services to get postoperative patients voice and choice on what they can eat and get foods that are more appropriate for their condition.

Results

- After a few months of work, the Day of Surgery Food Menu was implemented.
- PACU patients now have voice and choice over their first postoperative meal.
- These food options are more congruent with postoperative education about eating after receiving anesthesia services.
- After 6 months, a survey was sent out to measure the success of the menu.
- Nurses as well as patients report an increased satisfaction with meal choice.

Pictured: Day of Surgery Food Menu



Discussion

- Implementing the Day of Surgery Food Menu creates more consistent messaging about postoperative nutrition.
- This makes postoperative education at discharge more impactful and helps create a better overall patient experience.
- Day of Surgery Food Menu has been implemented in Day Surgery as well as PACU.

Methods

- The problem was proposed in our staff meeting. A follow up email was sent to the Nurse Manager to start the process of creating a food menu.
- From there, Food Services was contacted to brainstorm and collaborate to see how this 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 sent back to PACU to review and approve.
- An announcement was made at the unit huddle to alert staff of the new process in PACU.



DAY SURGERY MENU

BREAKFAST

Assorted Yogurt, Cream of Wheat*

LUNCH & DINNER

SOUP & SALAD

Chicken Noodle Soup
Chicken Broth
Beef Broth
Vegetable Broth
Grilled Chicken Salad

SIDES

Baked Potato
Baked Sweet Potato
Mashed Potatoes
Saltine Crackers
*Graham Crackers

SANDWICHES

Turkey on White
Peanut Butter & Jelly
Grilled Cheese
Uncrustables

BEVERAGES

Apple Juice
Cranberry Juice
Coffee
Tea
Cola
Ginger Ale
Iced Tea

ENTRÉES

Chicken Tenders
Grilled Chicken

DESSERTS

Fresh Fruit Cup
Applesauce
Regular Gelatin
Sugar-Free Gelatin
Vanilla Pudding
Chocolate Pudding
SF Vanilla Pudding
SF Chocolate Pudding
Water Ice
Lorna Doone® Cookies

*Pediatrics Menu Item



Conclusion and Future Directions

- The Day of Surgery Food Menu is the new standardized process for ordering food for PACU/postoperative patients
- We have had pushback from Food Services on specialized diets despite this diet being Dietician approved for all diets.
- We are working with Food Services to streamline this process and work out any remaining issues.
- In 6 months, a survey will be sent out to Day Surgery to test effectiveness.

References

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