

Family Visitation During Phase 1 Recovery

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Background Information: Moffitt utilizes a family-centered care nursing model. Traditionally, families were not allowed to visit patients during Phase 1 recovery. This practice contributed to anxiety and dissatisfied family members as evidenced by anecdotal feedback and survey results which prompted implementation of a process change. PACU nurses questioned family visitation during Phase 1 because of space limitations, privacy, concerns about confidentiality, and liability risks. After a systematic literature review, evidence showed decreased family anxiety with visitation. Research reveals family visits lasting 5-10 minutes have a positive correlation in decreased need for pain medication. The Moffitt PACU nurses determined there was a need for a workflow and cultural change to incorporate our surgical patients' families in their post anesthesia phase of care.

Objectives of Project:

- To relieve the family's anxiety after surgery via 5 -10 minute visits during the patient's first hour in PACU.
- To increase nurse and volunteer occupational satisfaction.
- To provide holistic care affecting pain control non-pharmacologically via enhanced family communication during Phase 1 recovery.

Process of Implementation: Project metrics were surveys of both staff and families. Baseline data included an RN survey to identify barriers to successful family phase 1 visitation and a family survey to measure perceived anxiety and satisfaction with Moffitt's post-operative visitation policy. PACU RN's developed a workflow to allow time to accommodate visiting family members 5-10 minutes at their loved-one's bedside using the IOWA EBP model. Policy was rewritten to reflect this change.

Statement of Successful Practice: Surveyed families reported decreased anxiety about their loved one while in PACU by 0.79 Likert scale points and their satisfaction with our policy increased by 1.05 points after a 3 month pilot study. Data reported to PACU team; adoption promoted with plan to re-survey the RNs in 60 days.

Implications for Advancing the Practice of Peri-anesthesia Nursing: This QI project provides a framework for Phase 1 PACU's to implement a successful visitation program. This study has evolved into a research project measuring the direct impact of Phase 1 family visitation on surgical post-operative patient pain control. ASPAN practice recommendation IX adherence would improve globally from the current 20% successful compliance of patient Phase 1 family visitation with published dissemination of our project structure.