

Discharge Scoring Tools: What are they all about?

Toni Zito, MSN, RN, CPAN, FASPAN
Session #106
April 10, 2022

1



2

Our Worldwide Locations



3



4

12 Ohio Hospitals



5

28 Ohio Ambulatory Centers



6



7

Enterprise Statistics

67.5K CAREGIVERS WORLDWIDE	>220 OUTPATIENT LOCATIONS
4,520 PHYSICIANS & SCIENTISTS	18 HOSPITALS
10M ANNUAL VISITS	6,026 BEDS

YEAR-END 2019

8

Care for Patients

255K SURGERIES & PROCEDURES	309K ADMISSIONS & OBSERVATIONS
2.4M UNIQUE PATIENTS	884K EMERGENCY DEPARTMENT VISITS
10M OUTPATIENT VISITS	59K VIRTUAL VISITS

YEAR-END 2019

9

Our Clinical Institutes

Anesthesiology	Miller Family Heart, Vascular & Thoracic
Cole Eye	Imaging
Cleveland Clinic Children's & Pediatric	Neurological
Cleveland Clinic Community Care	Ob/Gyn & Women's Health
Dermatology & Plastic Surgery	Orthopaedic & Rheumatologic
Digestive Disease & Surgery	Pathology & Laboratory Medicine
Emergency Services	Respiratory
Endocrinology & Metabolism	Taussig Cancer
Head & Neck	Glickman Urological & Kidney

10



11

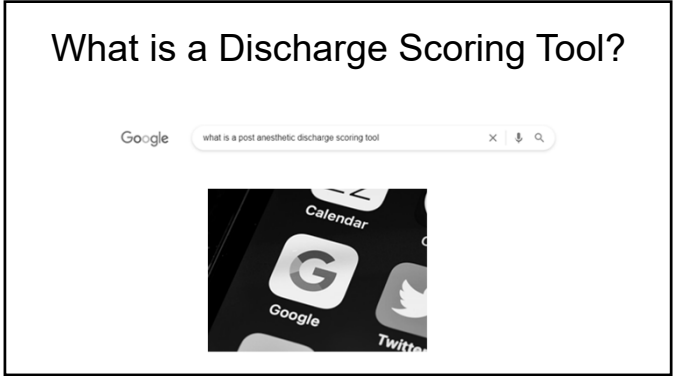
Learning Objectives

- Discuss the history of discharge scoring tools
- Identify Elements of the discharge scoring tools used today
- Identify additional tools that predict clinical outcomes

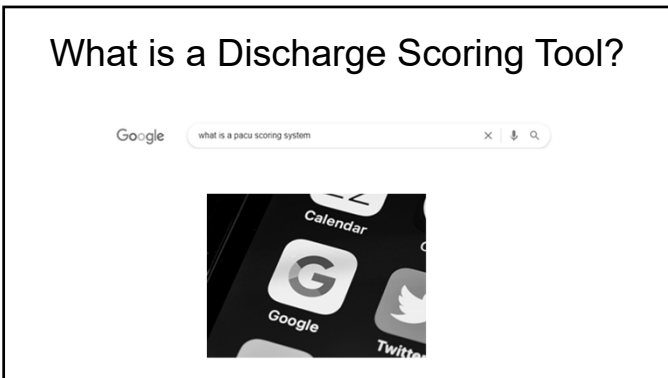
12



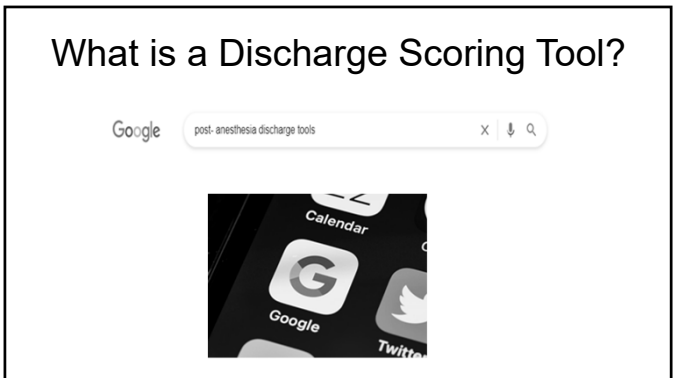
13



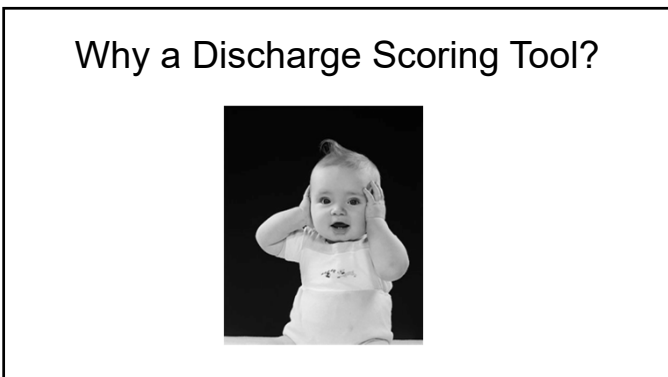
14



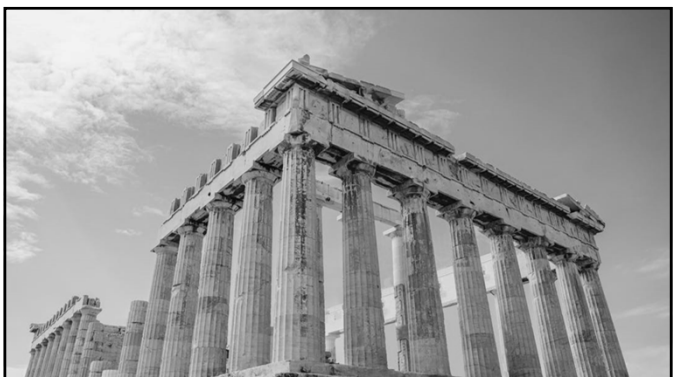
15



16



17



18


Where did they Come From?

- 1970-Aldrete Scale
- 1984-R.E.A.C.T
- 1991-PADDS
- 1995-Modified Aldrete Scale
- 1999-White and Song Fast Tracking
- 2003-Bypassing/Fast Tracking

19

Dr. J. Antonio Aldrete, MD, MS, is a 1989 graduate of the National University of Medicine, College of Medicine, in his native Mexico City. A residency in Anesthesiology at the University of Miami, Cleveland, Ohio, and at the University of Colorado Medical Center, Denver, Colorado, followed an internship and two years of hospital teaching in the United States.

Prior to his current position as Associate Professor, University of Miami School of Medicine, Department of Anesthesiology, and a member of the staff of the Andrew Memoni Research, Miami, Florida, he was Associate Professor of Anesthesiology at the University of Colorado Medical Center and Chief, Anesthesiology, Veterans Administration San Francisco in Denver, Colorado.



J. Antonio Aldrete, MD, MS
 Professor Emeritus, Department of Anesthesiology, University of Alabama at Birmingham, Birmingham, AL, President, Anesthesiologists Foundation, Inc.

Postanesthetist and consummate medical doctor, researcher, teacher and patient's advocate, Prof. Aldrete still practices medicine after 49 years. His Aldrete Post Anesthetic Recovery Score is used in USA hospitals and 80 countries around the world. Named by peers as a pioneer of anesthesia for liver transplantation, he continues publishing books and articles in medical journals.

Prof. Aldrete holds many diplomas, awards and is admired by colleagues. Famous liver transplant surgeon Prof. Thomas Starzl, recognizing Prof. Aldrete's anesthesia skills, once said: "They can estimate a score." But what he really meant was his relationship with the patients, especially the staff of Anesthesiology, in whom this book is dedicated.

No stranger to controversy, Prof. Aldrete challenged deeply with their perseverance and tenacity, having more healthcare professionals to recognize Anesthesiology as a discipline, "not in your head", please. Thanks to previous research on Anesthesiology, the treatment for the acute and chronic pain has been found.

Prof. Aldrete practices medicine and analgesic-related pain management in Alabama and Florida. His five children enjoy their families and their professions, two sons are physicians and three of his daughters are either doctors, lawyers and business owners. He is proud grandfather of nine, ages 8 - 23. His granddaughter just became a physician. Hoping that one of the offspring will continue the Post Anesthesia practice Prof. Aldrete is still going strong, not passing the torch... yet.

If you desire personal contact with Prof. Aldrete call 1-800-975-0868.

J. Antonio Aldrete, MD, MS

Post Anesthesia Recovery Score Copyright News

Dr. Antonio Aldrete has asserted ownership of certain U.S. copyright registrations related to the Post Anesthesia Recovery Score, and has asserted that certain use of the form of the Post Anesthesia Recovery Score included in certain versions of the MEDTECH software violates those copyrights. MEDTECH has notified this matter with Dr. Antonio Aldrete and all affected MEDTECH customers were contacted in September, 2014, outlining the terms of the agreement between MEDTECH and Dr. Aldrete. Any additional questions or concerns, including inquiries about using the Post Anesthesia Recovery Score through MEDTECH software, can be directed to contact Dr. Antonio Aldrete, Anesthesiology, University of Alabama at Birmingham, Birmingham, AL 35294-0004. aldrete@uab.edu or 205-934-5951.

20

Physical activity		Activity	
able to move all extremities under command	2	Moves all four extremities	2
Weakness in some movements of extremities	1	Moves only two extremities	1
Unable to move all extremities	0	Unable to move any extremities	0
Respiratory stability		Respiration	
Able to deep breathe	2	Able to deep breath with free cough	2
Tachypneic, but with free cough	1	Dyspnea with limited breathing	1
Dyspnea without free cough	0	Apnea	0
Hemodynamic stability		Circulation (BP)	
BP below the 15% of baseline MAP	2	20 mm Hg higher than baseline anesthetic level	2
BP between 15-30% of baseline MAP	1	20-50 mm Hg higher than baseline anesthetic level	1
BP higher than 30% below baseline MAP	0	>50 mm Hg higher than baseline anesthetic level	0
Level of consciousness		Consciousness	
Awake and oriented	2	Fully awake with orientation	2
Awake with minimal stimulation	1	Arousable on calling	1
Respond to tactile stimulation only	0	Unresponsive	0
Oxygen saturation status		Oxygen saturation	
Maintains SpO ₂ >90% on room air	2	SpO ₂ >92% on room air without O ₂ supplement	2
Requires oxygen supplement (nasal prongs)	1	Requires supplemental O ₂ to maintain SpO ₂ >90%	1
SpO ₂ <90% with oxygen supplement	0	SpO ₂ <90% with O ₂ supplement	0
Postoperative pain assessment			
No pain or mild discomfort	2		
Moderate to severe pain requires IV analgesics	1		
Persistent and severe pain	0		
Postoperative emetic symptoms			
None or mild nausea without active vomiting	2		
Transient nausea and vomiting or retching	1		
Persistent moderate or severe nausea and active vomiting	0		

MAP: Mean arterial pressure, BP: Blood pressure, IV: Intravenous
 *Adapted from the reference 4.

21

What Does the ASA Say?



22

What Does ASPAN Say?



23

What are the Common Components?



24

Neuro Status



TABLE 30-2		
Glasgow Coma Scale		
BEHAVIOR	SCORE	
Eye opening response	Spontaneously	4
	To speech	3
	To pain	2
Best verbal response	Oriented to time, place, and person	5
	Confused	4
	Inappropriate words	3
Best motor response	Incomprehensible sounds	2
	No response	1
	Total score:	Best response
Comatose client		8 or less
Totally unresponsive		3

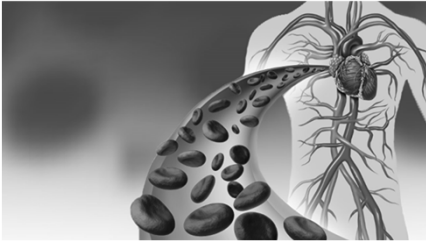
25

Oxygen Saturation



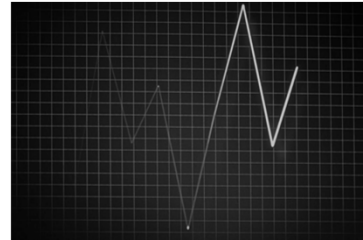
26

Circulation



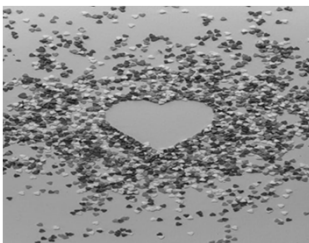
27

Blood Pressure



28

Pulse



29

Movement



30

Pain



31

Nausea and Vomiting



32

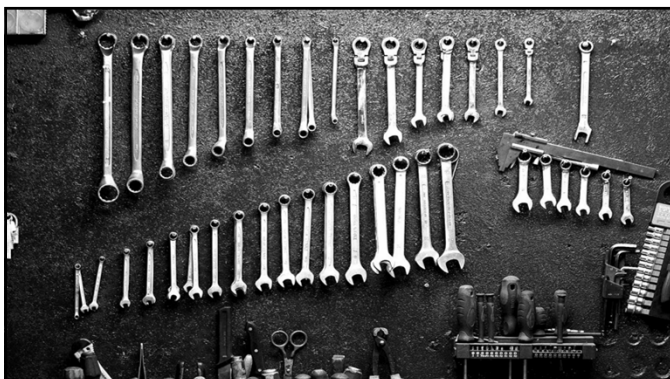
What About Other Scoring Tools?



33



34



35



36

Clinical Judgment



37

Why a Discharge Scoring Tool?

- Clinical Outcomes?
- Productivity?
- Efficiency

38

What about the Children?



39

Case Reviews



40

References

- ALDRETE, J. A. & KROULIK, D. (1970). A Postanesthetic Recovery Score. *Anesthesia & Analgesia*, 49 (6), 924-934.
- White, P. & Song, D. (1999). New Criteria for Fast-Tracking After Outpatient Anesthesia. *Anesthesia & Analgesia*, 88 (5), 1069-1072. doi: 10.1213/00000539-199905000-00018.
- ASPAN Standards, Practice Recommendations, Position Statements and Interpretive Guidelines, 2021-2022
- Design and Testing of a Postanesthesia Care Unit Readiness for Discharge Assessment Tool, (includes abstract) Ecoff, Laurie; Palomo, Jeanne; Stichler, Jaynelle F., *Journal of PeriAnesthesia Nursing*, Oct2017; 32(5): 389-399. (11p) (Article - research) ISSN: 1089-9472 AN: 125233172
-

41

References

- Whitley DR, Crow PH, Gore PC, Gregory VK, Pfeiffer KG, Taylor YJ. Discerning Post Anesthesia Readiness for Transition (DPART): A Measurement Tool. *J Perianesth Nurs*. 2020 Apr;35(2):160-170. doi: 10.1016/j.jopan.2019.08.007. Epub 2020 Jan 3. PMID: 31911089.
- Determining criteria to assess patient readiness for discharge from postanesthetic care: an international Delphi study, (includes abstract) Phillips, Nicole M; Street, Maryann; Kent, Bridie; Cadeddu, Mary; *Journal of Clinical Nursing* (John Wiley & Sons, Inc.), Dec2014; 23(23-24): 3345-3355. (11p) (Article) ISSN: 0962-1067 AN: 99471419
- Fraulini, K E, and P Murphy. "R.E.A.C.T. A new system for measuring postanesthesia recovery." *Nursing* vol. 14,4 (1984): 101-2. doi:10.1097/00152193-198404000-00029

42

