

Background

- Post-operative discharge instructions for day surgery pediatric patients at BCH are given in the busy post-anesthesia care unit (PACU)
- Due to many environmental distractions, there is concern whether patients/caregivers retain important discharge instructions
- Anxiety is heightened on day of surgery, making it more difficult for caregivers to learn and retain information
- This evidence-based review was conducted to discover effective ways to deliver discharge teaching to pediatric surgical patients/caregivers

Clinical Practice Question

- P:** In Pediatric Day Surgery Patients
I: Does discharge teaching performed preoperatively
C: Compared to the current practice
O: Affect patient/family learning outcomes?

Collecting the Evidence

Where did you search for evidence:	EBSCO, Pub Med, CINAHL
Total Electronic Search Yields	12 Inclusion Criteria: Peer reviewed academic journals Keywords: adult & pediatric, day surgery & recovery care units, perioperative education, teach-back, patient satisfaction, technology
Number Excluded	2 Exclusion Criteria: Articles over 10 years old, non-English
Number Included	
• Level IV	1
• Level V	2
• Level VI	5
• Level VII	2

Melnyk, B.M. & Fineout-Overholt, E. (2015). Rating system for the hierarchy of evidence for intervention/treatment questions in Evidence-based practice in nursing & healthcare: A guide to best practice (3rd ed.) (pp. 11). Philadelphia, PA: Wolters Kluwer Health.

Key Sources of Evidence

Literature Review		
Author(s)	Year	Findings
Kornburger, C., Gibson, C., Sadoski, S., Maletta, K., Klingbeil, C. (2013) Using "teach-back" to promote a safe transition from hospital to home: An evidence-based approach to improving the discharge process. <i>Journal of Pediatric Nursing</i> , 28, 282-291. DOI: 10.1016/j.pedn.2012.10.007	2016	<ul style="list-style-type: none"> • Educational interventions improved nurses' use & understanding of teach back process. • Nurses were empowered to verify understanding, correct inaccurate information & reinforce medication teaching & new home care skills. • Teach back is a valuable, easily understandable & effective strategy to provide safe and high quality care • Teach back process promotes safer transitions from hospital to home
Level of Evidence: VI		
Hovespian, J., McGah, C. & O'Brien, C. (2016). Postoperative instructions preoperatively- Evaluating the effectiveness of a teaching model on patient satisfaction regarding instructions for home care. <i>Journal of PeriAnesthesia Nursing, published online</i> , DOI: http://dx.doi.org/10.1016/j.jopan.2015.12.014	2016	<ul style="list-style-type: none"> • Pre-operative postoperative instructions helps prepare patients for discharge, decreases fear of unknown & increases understanding of postop equipment and use • Results indicate that pre-op period is optimal time for patient teaching • Patient satisfaction scores increased from 90% to 97.1% after 6 month period of using pre-op teaching
Level of Evidence: VI		
Newton, L. & Suman, C. (2016) A pilot program: Text messaging to improve timely communication to tonsillectomy patients, <i>ORL-Head and Neck Nursing</i> , 34, 6-10	2016	<ul style="list-style-type: none"> • Pilot project: Survey data showed high level of family satisfaction with amount and educational content • Text messaging is innovative, feasible and effective • Limitation: Small sample size
Level of Evidence: VI		

Acknowledgments

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Critical Appraisal of the Evidence

- The overall impact of discharge teaching across the body of evidence points to the value of the use of technology, along with pre-operative teaching occurring in conjunction with post-operative teaching
- Teach back was a valuable strategy to provide effective discharge teaching
- There was more literature that focused on adult experience, however this can be applied to pediatric patients
- Evidence is applicable to pediatric day surgery unit (DSU) patient population

Translating Evidence into Practice

- Evidence concludes that patient's and caregiver's satisfaction improved with pre-operative teaching
- Pre-operative teaching, in combination with same day reinforcement and teach back, provide the most effective discharge teaching
- Successful methods for the delivery of pre-operative patient and caregivers education include technology, videos, and websites of text for Implications

Next Steps

- Evaluate all methods of pre-op discharge instructions that are part of current practice
- Evaluate use of branded videos and family education materials for delivering pre-operative education
- Build effective preoperative teaching plan that incorporates best practices
- Evaluate use of teach-back in pre-op area
- Brainstorm about innovative methods for providing discharge instructions, including technology
- Develop patient satisfaction surveys to evaluate the outcomes of these interventions

Clinical Expertise

Expert	Findings
Claire O'Brien, MBA, CNOR, RN NE-BC	<ul style="list-style-type: none"> • Nurses in the unit are still fully engaged in the program, since it began in 2013 • Nurses report decreased anxiety in PACU when they received preoperative teaching for postop instruction

Slide 1

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Office [2]1 Microsoft Office User,
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