

Patient Education Intervention for Discharge from the PACU with a Urinary Catheter

Primary Investigator: Bethany Biardi MSN RN CPN CPAN
HonorHealth Scottsdale Shea Medical Center, Scottsdale, AZ

Introduction: When patients are discharged home on the day of surgery, catheter education is completed after anesthesia in the postanesthesia care unit (PACU). Evidence-based strategies for this patient population include 1) Preprocedural education, 2) Multimodal education, and 3) Standard supply kit.

Identification of the Problem: Discharge teaching of urinary catheter care in the PACU is a challenge. Patients are not alert, are easily distracted, are uncomfortable, and often overwhelmed. The population most likely to need a home urinary catheter is elderly, with potential vision, hearing, and memory loss.

Purpose of the Study: The purpose of this study is to assess patient satisfaction when going home with a urinary catheter from the PACU, when best practice strategies are implemented.

Methodology:

Design: Post-survey research design to assess the impact of an evidence-based patient education intervention.

Setting/Sample: Adult patients discharged home from a 19-bed PACU with a urinary catheter between April 1 and June 22, 2024. Inclusion criteria: Patients willing to participate in a follow-up phone call survey. Exclusion criteria: no answer x2 attempts and non-English speaking patients.

Data collection: Post-discharge follow up phone call, 5 question survey, made to all patients meeting inclusion criteria.

Results: Of the 90 patients sent home with a urinary catheter, 69 (77%) were surveyed about their experience. Seventeen were unreachable after two attempts and four patients were identified as having a language barrier. Ten (14.5%) patients surveyed said they received presurgical education about urinary catheter care. Thirty-three (47%) received all 4 multimodal education methods in the PACU. Fifty-nine (85.5%) were sent home with a standard supply kit. Fifty-six (81%) of patients surveyed said they were “very satisfied” to “satisfied” with the discharge education and preparedness to successfully manage their urinary catheter at home.

Discussion: Although 81% patient satisfaction was identified, this study noted continued room for improvement regarding providing preprocedural education.

Conclusion: Perianesthesia nurses successfully developed and implemented an evidence-based discharge education process that demonstrated a high satisfaction rate for patients going home from the PACU with a urinary catheter.

Implications for perianesthesia nurses and future research: Due to the small sample size, further study will be needed to confirm these findings. Generalizability of the interventions to other patient education topics is unknown and should be explored.