

Using Strategic Engagement and Health Literacy Tools to Improve Preoperative Hydration in Pediatric Patients

Primary Investigator: Jennifer Long BSN RN CPN

Co-Investigator: Tonie A. Owens MSN RN CNS-APRN

University of Michigan, C.S. Mott Children's Hospital, Ann Arbor, MI

Introduction: Preprocedural fasting is an important safety measure to reduce the risk of aspiration, but many patients report fasting for much longer than recommended.

Identification of the Problem: Excessive fasting has been associated with hypotension, increased patient thirst and subsequently decreased patient comfort in pediatric patients the perioperative period, negatively impacting patient safety and experience. Patients report a barrier of understanding of preoperative instructions, including rationale related to those instructions, as primary reasons for non-compliance with fasting guidance.

EBP Question/Purpose: The purpose of this evidence-based practice project is to improve adherence to fasting recommendations in pre-surgical pediatric outpatients aged 2-17yo using Teach-back and Motivational Interviewing techniques to emphasize patient safety and comfort compared to current practice of using a standardized script of pre-procedural fasting instruction.

Databases: CINAHL, PUBMED

A search strategy was developed using the following search terms: Preoperative, pediatric (2-17y), hydration, surgical patients, patient education and preoperative care, preprocedural fasting, adult learning, health education modalities, health literacy, teach-back.

Methods/Evidence: After completing training related to health literacy, teach-back and basic motivation interviewing skills, nursing staff implemented a fasting-related patient education protocol that focused on achieving successful teach-back during preoperative phone interviews with patient parent/guardian.

Significance of Findings/Outcomes: This EBP investigation is currently in the implementation phase, and data collection is underway. Metrics include auditing staff using teach-back utilizing an observation log tool, comparing pre-and post-intervention fasting duration, surveying parents on the patient education experience, surveying parents and PACU nurses on patient experiences related to thirst, and assessing rates of preoperative fasting violations resulting in procedural case delays or cancellations (balancing measure).

Implications for perianesthesia nurses and future research: As trusted healthcare professionals, perianesthesia nurses play a pivotal role in improving health literacy. Integrating validated health literacy tools, such as teach-back, into practice has great potential to improve patient safety. Related future proposed investigation includes expansion of teach-back training and integration into discharge education protocols for PACU patients/families, pending analysis of the current EBP investigation results.