

### Introduction/Background

Discharge teaching of urinary catheter care in the postanesthesia care unit (PACU) poses several challenges. Patients emerging from anesthesia are easily distracted, uncomfortable, forgetful, and often overwhelmed. The population most likely to need a home urinary catheter tends to be elderly patients with potential vision, hearing, and memory issues. Evidence-based education strategies for this patient population include:

1. Preprocedural/early education
2. Multimodal teaching methods
3. Standard supply kits



### Aim

To determine how best practices for patient education affect patient satisfaction with urinary catheter discharge education.

### Methods

**Design:** Post-survey research design to assess the impact of an evidence-based patient education intervention. **Setting:** Perianesthesia Service Line at HonorHealth Scottsdale Shea Medical Center, Scottsdale, Arizona. **Sample:** Adult patients discharged to home from a 19-bed PACU with a urinary catheter between April 1 and June 22, 2024. **Data collection:** Post-discharge follow-up phone call, 5-question survey.

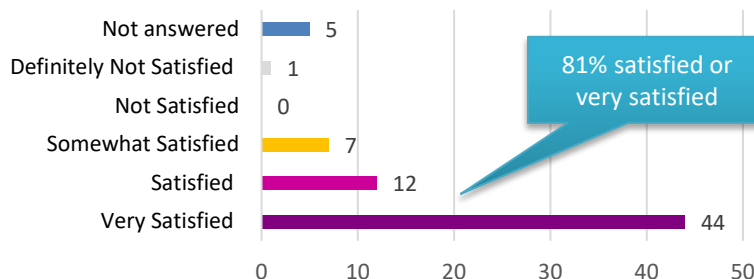
### Intervention

PACU nurses developed an evidence-based patient education intervention that includes early education using a multimodal approach and standardizing supplies. The PACU partnered with the pre-anesthesia teaching and testing (PATT) department to include urinary catheter care education before surgery for patients anticipated to go home with a urinary catheter. Pre-op nurses provide patients and family members with the link to an educational video to watch on the day of surgery. PACU nurses utilize multi-modal patient teaching strategies, including an instructional video, handouts, verbal instruction, and return demonstration. Upon discharge, patients receive a pre-packaged urinary catheter home care supply kit.

### Results

Of the 90 patients eligible for the study, 77% were successfully surveyed about their experience. Only 14.5% of patients surveyed said they received preprocedural education about urinary catheter care. 47% received all four multimodal education methods in the PACU. 85.5% of patients were sent home with a standard supply kit. 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.

#### How satisfied are you with your preparedness to care for your urinary catheter at home?



### Discussion

**Opportunity:** Although 81% patient satisfaction was identified, this study noted room for improvement regarding preprocedural education from the urology office, PATT department, and Pre-op.

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

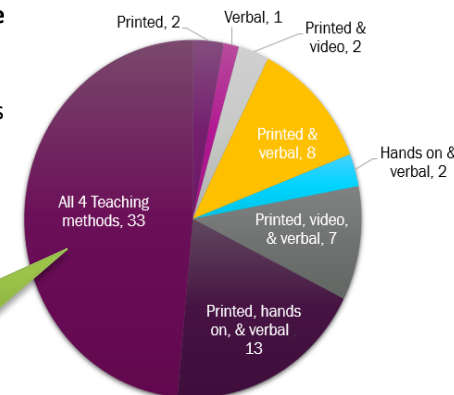
**Implications/future research:** Due to the small sample size, further study will be needed to confirm these findings. The generalizability of the interventions to other patient education topics is unknown and should be explored.

### PACU Multimodal Teaching

#### How well did we utilize multimodal education methods?

- 47% all 4 methods
- 29% 3 methods
- 17% 2 methods
- 4% 1 method

47% of patients received all 4 teaching methods



### Patient Education Video

The team presented evidence-based findings to service line leadership for buy-in to create a patient educational video. Working with marketing, the team created a video to reinforce the printed information, verbal teaching, and supplies sent home with this patient population.

Benefits of utilizing a patient education video:

- Can be introduced before surgery while the patient is awake, alert, and better able to absorb the information.
- Patients and caregivers can watch the video in the PACU as part of a multimodal teaching approach.
- Patients may view the video while at home after surgery, as often as needed to support the printed education.



### References

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