

TeamSTEPPS™ and Narrative Medicine: Towards an Increased Awareness of “Teamwork” on the OBGYN Third Year Clinical Rotation---A Pilot Study

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The Path to Post-Operative Success: Collaborative Pre-Operative Education for Spinal Surgery Patients

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Abstract:

Pre-operative education is an important nursing intervention when preparing individuals for surgery. A literature review yielded numerous articles addressing pre-operative education for orthopaedic patients. Educational interventions varied widely; however, the most common outcome measures included knowledge, anxiety, pain, exercises, and length of stay. Findings indicated pre-operative education impacts the patient's anxiety and knowledge levels. Additionally, the need for a well-designed program, with a focus on the effects of education and patient empowerment for improved outcomes, was identified. A collaborative program was developed by neuroscience nursing and rehabilitation services to provide education to pre-operative spine surgery patients at one Magnet health network. Feedback from program participants support that they are more knowledgeable and prepared for their upcoming spinal surgery. This offering will detail a formal pre-operative educational session for spinal surgery patients. Learnings will be of interest to any organization desiring to develop a similar program within the acute care setting.

Objectives:

- Discuss relevant literature regarding pre-operative patient education and patient outcomes.
- Describe the development of a pre-operative spine surgery educational program utilizing a collaborative approach on the Neuroscience unit at a Magnet health network.
- Differentiate participant preparedness pre and post educational intervention.

PICO Method:

- **(P)** Individuals who electively present to a preoperative spine surgery class
- **(I)** Educational intervention
- **(C)** Improved patient outcomes compared to those who did not attend the class
- **(O)** Educational intervention is effective for improved patient outcomes measured by decreased fear/anxiety, preparedness for surgery, improved patient satisfaction, and decreased length of stay.

Systemic Review of Literature:

- Educational Materials Varied
 - Outcomes
 - Improved pain management
 - Reduced fear and anxiety
 - Prepared through knowledge gleaned
 - Decreased length of stay
 - Improved functional status
 - Reduced post operative complications
 - Empowered patients
- Conclusions
 - Structured educational interventions proven to be effective
- Nursing Implications
 - Collaborative team approach is key to success
 - Nurses
 - Rehabilitation Services
 - Consistent educators to provide intervention
 - Individualize program
 - Engagement of participants to partner with nursing for better outcomes
 - Allow for participant question and answer session

Program Development:

- Content Presented Through Multifaceted Communication Mechanisms
 - Pre admission testing
 - Operation and Intra-Operative Monitoring
 - Post Anesthesia Care
 - Post Operative Care and Complications
 - Activities of Daily Living
 - Home Safety
 - Follow Up Care
- Educational handouts to reinforce learnings

Program Overview:

- 1st session – 11/17/2010
- Number of participants (patient, family, and significant others): 90
- Classes offered twice per month
- Voluntary completion of survey to enhance program development

Measurement of Knowledge & Attitude:

Lickert Scale Survey:

1 - poor, 2 - fair, 3 - good, 4 - very good, 5 - excellent

Knowledge Level Pre-Educational Session	Knowledge Level Post-Educational Session	Appropriateness of Education	Level Feel Prepared for Surgery After Education Session	Rating of Nurse Presenter	Rating of Rehabilitation Presenter
3.276	4.788	4.835	4.64	4.989	4.976

Samples of Participant Feedback:

- Very informative; answered a lot of my questions
- I feel much more at ease with everything
- Very good presentation, I am glad I attended
- Great patient education and presentation
- I feel more prepared for my surgery
- Excellent program, it should be expanded for other elective surgeries
- Good information and willingness to answer questions
- Much more prepared for the procedure and recovery
- Speakers were excellent and made me feel a little more comfortable and less worrisome regarding the surgery
- Feel more at ease knowing what will happen during and after my procedure
- Excellent, comprehensive, questions welcomed
- Keep program going, please!
- Awesome program
- Program is well thought out and very informative
- Very impressed with the personal care given to me and answering any questions
- I recommend all patients attend, it should be mandatory

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