



## 3<sup>rd</sup> Annual Quality & Patient Safety Conference Improving the Healthcare Journey for Patients & Staff



### TITLE

Development of an interdisciplinary booklet called 'Preparing for your bowel Surgery' providing pre-operative education for patients undergoing elective bowel surgery in Our Lady of Lourdes Hospital Drogheda.

### SUBMITTED BY

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### ABSTRACT

#### INTRODUCTION

Comprehensive pre-operative counselling, the first principle of Enhanced recovery after surgery (ERAS), reduces stress, improves satisfaction and preparedness for surgery whilst improving Length of stay(LOS) and morbidity postoperatively. In Our Lady of Lourdes Hospital(OLOLH) no formal perioperative counselling was available.

The surgical Interdisciplinary team under the guidance of Ms Faul, developed a patient educational booklet called 'Preparing for your bowel surgery'. The booklet was piloted with Prehabilitation patients and will be disseminated to all patients undergoing elective bowel surgery. The booklet provides education on; ERAS Protocol, Smoking and Alcohol cessation, exercise, diet, what to bring to hospital and discharge planning.

#### METHODOLOGY

The Model for Improvement (MFI) was selected which includes completing regular PDSA cycles.

#### AIM

To improve OLOLH's compliance with evidence based ERAS Pre-operative counselling from no formal pre-operative education to introducing a patient booklet provided to all elective colorectal surgeries pre-operatively by October 2022.

#### CHANGE IMPLEMENTED

- Development of an interdisciplinary education booklet
- Pilot of booklet with patients attending Prehabilitation
- Qualitative feedback from phase 1 patient group and adjustment of booklet information
- Phase 2; printing of booklet and provision to all patients undergoing elective colorectal surgery pre-operatively.

#### MEASUREMENT

- Primary outcome measures include; Qualitative feedback from patients, HADS,% of patients receiving leaflet
- Balance measures; Cost savings on bed days, complex discharge referrals for elective patients

#### RESULTS

This project continues to be underway. Phase 1 of the pilot has been completed. Qualitative feedback from patients receiving the booklet (n=3) and their family members has been overwhelmingly positive. 100% of patients' surveyed report feeling better prepared for surgery and to understand what to expect during their hospital journey. All patient who received the information had appropriate clothing and shoes during their admission and were motivated to participate in rehab.

#### VALUE

ERAS Guidelines recommend that pre-operative counselling contributes to improved patients preparedness, satisfaction and overall surgical experience with associated improvements in post-operative morbidity and LOS. The introduction of the booklet for elective colorectal patients in OLOLH aims to achieve these goals and improve patients journeys.

#### SUSTAINMENT

Sustainment of this project is ensured secondary to;

- Static Surgical MDT
- Regular PDSA Cycles being completed and adaption of booklet as required
- Booklet being formally printed for dissemination in surgical clinics
- Education to new NCHDs and staff members.

#### ADDITIONAL INFORMATION

Interdisciplinary project between: Ms Faul, Consultant Surgeon, OT, Physiotherapy, Surgical NCHDs, Stoma CNS, dietitian and CNM2 Surgical ward.