

# Open Heart Surgery Discharge Checklist

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## PICOT Question

In open heart patients, does implementing a standardized discharge education checklist improve nurse's perception of patient preparedness for discharge within 3 months as compared to not using a checklist?

## Description of Change

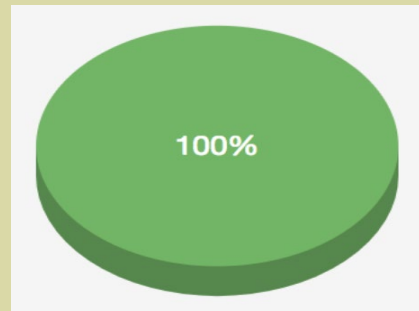
- Identified the need for an open-heart surgery discharge checklist via survey.
- The survey asked staff if they thought a discharge check list would improve patient readiness and recommendation on key components to include on the checklist.
- Developed a discharge checklist and implemented it on S2E.
- Completed a post implementation survey of staff.

## Evidence Summary

According to the US national health insurance program, approximately 15% of discharged patients are readmitted to the hospital within 30 days. Of those readmissions, 25% are likely preventable by implementing modifications to patient's transition of care. Communication and education have been found to be key modifiable components in transition of care (Becker et al., 2021).

## Results

100 percent of respondents felt the checklist improved the patient preparedness for discharge



## Open Heart Discharge Checklist – S2E



	RN 1	RN 2
Medication Review	<input type="checkbox"/>	<input type="checkbox"/>
Activity/Restrictions	<input type="checkbox"/>	<input type="checkbox"/>
Incisions/Wound Care	<input type="checkbox"/>	<input type="checkbox"/>
Diet	<input type="checkbox"/>	<input type="checkbox"/>
Deep Breathing/IS	<input type="checkbox"/>	<input type="checkbox"/>
Weight	<input type="checkbox"/>	<input type="checkbox"/>
Cardiac Rehab	<input type="checkbox"/>	<input type="checkbox"/>
When To Contact Your Doctor	<input type="checkbox"/>	<input type="checkbox"/>

## Recommendation

By implementing the checklist for open heart patients, we can start education on what to expect at discharge early. Thus, improving patient readiness and decreasing the number of readmits after discharge.

## References

Becker, C., Zumbrunn, S., Beck, K., Vincent, A., Loretz, N., Müller, J., Amacher, S. A., Schaefer, R., & Hunziker, S. (2021). Interventions to Improve Communication at Hospital Discharge and Rates of Readmission: A Systematic Review and Meta-analysis. *JAMA network open*, 4(8), e2119346. <https://doi.org/10.1001/jamanetworkopen.2021.19346>

Kang, E., Tobiano, G. A., Chaboyer, W., & Gillespie, B. M. (2020). Nurses' role in delivering discharge education to general surgical patients: A qualitative study. *Journal of advanced nursing*, 76(7), 1698–1707. <https://doi.org/10.1111/jan.14379>