

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

Kristin Friel MD

*Lehigh Valley Health Network*, [Kristin.Friel@lvhn.org](mailto:Kristin.Friel@lvhn.org)

Krista Hirschmann PhD

*Lehigh Valley Health Network*, [Krista.Hirschmann@lvhn.org](mailto:Krista.Hirschmann@lvhn.org)

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

Holly D. Tavianini, RN, BSN, MSHSA, CNRN  
Lehigh Valley Health Network, Allentown, Pennsylvania

## 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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