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

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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
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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

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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