



Advancing Discharge Medication Education at Stamford Hospital for Special Surgery

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Purpose

- ❖ The purpose of this project is to enhance the education patients receive about their medication regime and transition from hospital to home after orthopedic surgery thus decreasing adverse outcomes that could lead to re-hospitalization.

Background

- ❖ At Stamford Hospital, every patient is given a medication booklet explaining the different classes of medication including side effects and the purpose of each medication.
- ❖ This new personalized HSS booklet contains the specific medications used on the HSS (ortho) unit to improve discharge teaching.

Hospital for Special Surgery at Stamford Health

- ❖ HSS and Stamford Health began collaborating in November of 2017 and the unit opened
- ❖ The HSS unit at Stamford Health occupies the whole 5th floor of the hospital and includes operating rooms, recovery rooms, an inpatient unit and a rehabilitation gym.

Included in the Booklet

- ❖ Comprehensive medication information of the seven classes of medications prescribed upon discharge on the HSS unit, including generic names, purpose, safe dosage, side effects and contraindications.
- ❖ Educational section of commonly asked questions regarding medications.

Seven Medication Classes Included in Booklet

- ❖ Analgesics, Anticoagulants, Anti-emetics, Laxatives/Stool softeners, Narcotics/Opioids, Non-Steroidal Anti-Inflammatory drugs (NSAIDs), and Proton Pump Inhibitors (PPI).



Implementation of Project

- ❖ This project when implemented on the unit will be given as a booklet during patient discharge.
- ❖ By teaching the patient about their prescribed medications with this booklet at discharge, the hope is to improve overall patient understanding and improve patient outcomes

Significance to Nursing

- ❖ One of the most important responsibilities nurses have is to prepare patients for transitions of care including discharge to home.
- ❖ Teaching patients about their medications can help patients maintain an optimum level of health and reduce their chances of readmission to the hospital
- ❖ The nurse displays compassionate communication and must act as a patient advocate during discharge to deliver personalized care plan and medication lists.
- ❖ The nurse must make sure the patient has full understanding of their discharge plan and their medications before leaving the unit.

Conclusion

- ❖ With the use of inter-professional collaboration and implementation of this project, discharge education on the HSS inpatient unit will improve.
- ❖ Improved discharge education will lead to overall improved patient outcomes.

Future Quality Improvements

- ❖ Quality improvement research and studies must be done to evaluate the effectiveness of the teaching tool with the hopes of improving patient education at discharge.

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