Confidence in Care: Teaching Tracheostomy Caregivers Using a Comprehensive Education Checklist

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Background

- Progressive Care Unit, Texas Children's Hospital
  - Step Down Critical Care Unit
  - 75 newly trached patients a year
  - Every RN responsible for bedside tracheostomy education

- Multi-disciplinary Team Needed for Discharge:
  - Nursing
  - Primary Care Doctor/Team
  - Respiratory
  - Physical Therapy
  - Occupational Therapy
  - Pharmacy
  - Dietary
  - Home Health
  - Care Management
  - Social Work
  - Respiratory
  - Educators (CPR and Tracheostomy)
Background

- **Education Involved:**
  - CPR
  - Tracheostomy class
  - Equipment Training
  - 24 hour rooming in

- **Pitfalls and Problems**
  - Lack of cohesiveness between teams
  - No accountability between parents and families
  - No clear expectations and timelines for families
  - Gaps in education for nursing

**Purpose:**

- To educate tracheostomy patients and families on a pediatric critical care unit.
- To organize education in a way that increases communication between nursing, the medical team, and families.
Strategy

- New Tracheostomy Education Checklist
  - Addresses Barriers
  - Increases Accountability of nurses and Medical Team and families

Checklist (continued)

- Checklist consists of:
  - Timelines for education
  - Daily objectives specific to care team and families
  - Checklist format where care team initials off upon completion

Goal for Education: 11 days

Practice Change-RNs

- Checklist and Education
  - Checklist posted in each patient's room
  - Referred to checklist as trach care/education was being performed
  - After care was done, RN to initial and date completion
    - Seamless transition of education between RNs
    - Clear expectations of families/providers

https://www.fairview.org/HealthLibrary/Article/86579
Practice Change

- **Checklist and Classes**
  - CPR and tracheostomy class dates added to checklist to ensure completion
  - RN can know in advance and can assist with scheduling conflicts

Practice Change-Multidisciplinary

- **Tracheostomy Rounds**
  - Done once a week with multi-disciplinary team and family
  - Addresses all the needs of patient and barriers for discharge
  - Anticipated discharge date written on Checklist

Evaluation

- Nurses received a seven question survey regarding their opinions
- Nurses and Care Managers spoke with families during education
- Discharge dates and re-admission rates looked at in Epic
Nurse Perceptions

- Families are confident and involved with care by using this tool
- I am more confident in trach education
- I use this tool when doing trach care
- Encompasses all the education and training necessary needed for families before discharge
- Provides adequate direction
- Written in a style that is easy to understand for patients and families

Strongly agree  Agree  Neutral  Disagree  Strongly disagree

n= 28 RNs

Family Perceptions

- “It was overwhelming at first.”
- “It laid out everything.”
- “It encouraged me.”
- “I loved getting that check off every day.”
- “It made me feel accomplished.”
- “Can you check me off?”

Results

- Median Time for Discharge Post Checklist Completion: 10 days
- Barriers for discharge:
  - Home health
  - Insurance
  - Psychosocial
Implications for Nursing Practice

- Nurses empowering families to participate in care and achieving confidence.
- Nurses coordinating with multidisciplinary team to make sure discharge date is accurate/achievable.
- Nursing survey - possibly make checklist easier to navigate in the future.

Questions?

Photo Credits

- https://www.pinterest.com/pin/185280972146935213/
- http://larabida.org/page-technology-dependent-patients
- http://www.whatdoyoudodear.com/one-year-later-happy-tracheostomy/
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