

# In Patients Requiring Cardiac Procedures, Would Better Access to Standardized Preparation Checklists Specific to each Procedure Result in Reduced Stress for Nursing Staff?

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## Background

- Currently, checklists do not exist and nurses are to use the policies located on the policy portal
- Unfortunately, the policy portal is difficult to navigate and all too often nurses rely on asking their co-workers what should be done prior to a procedure, rather than following the written protocol.
- Standardized checklists will streamline the process and allow nurses to provide the appropriate care in a timely fashion, improving clinical management of the patients, improving patient outcomes, and reducing overall stress of the nurse.

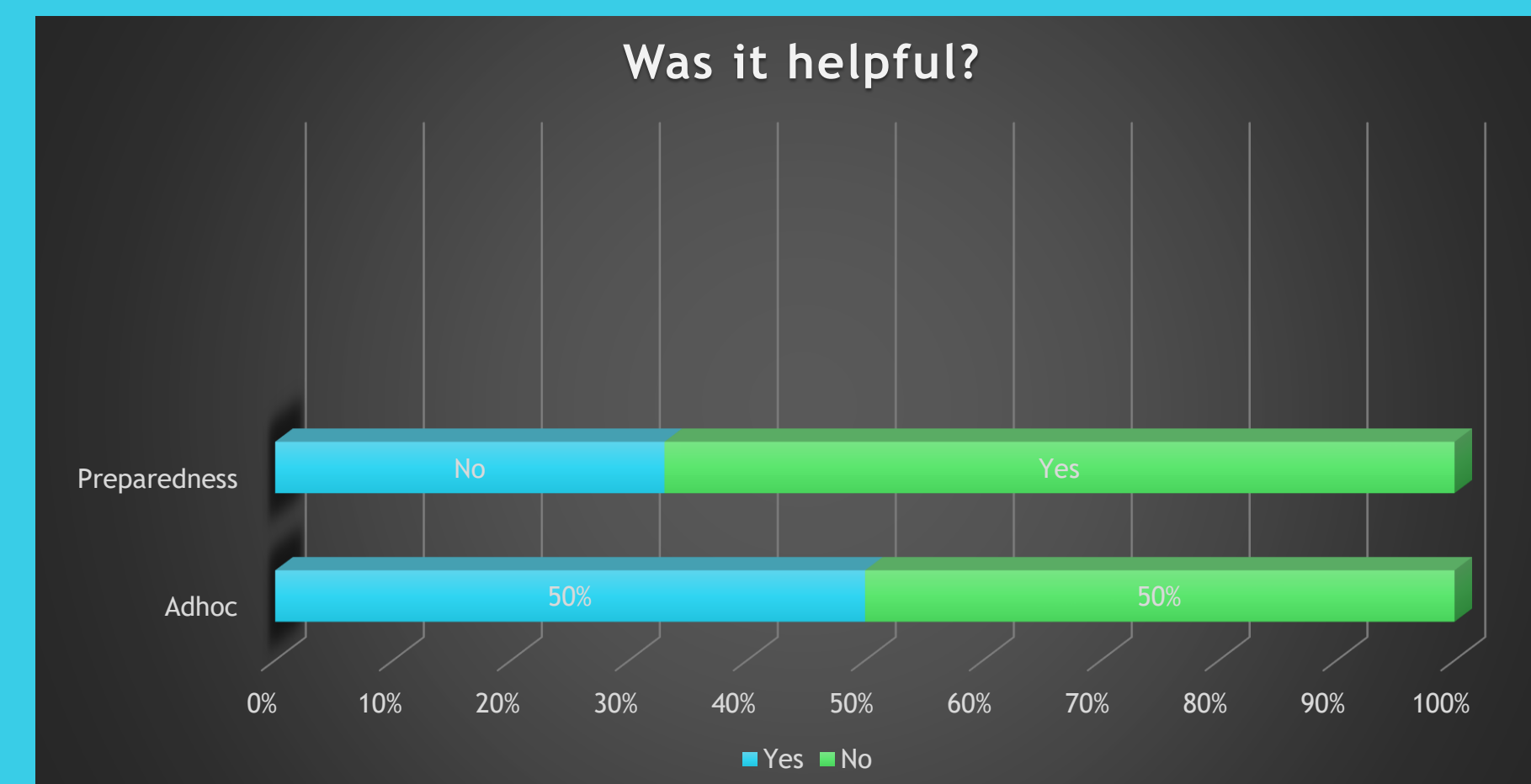
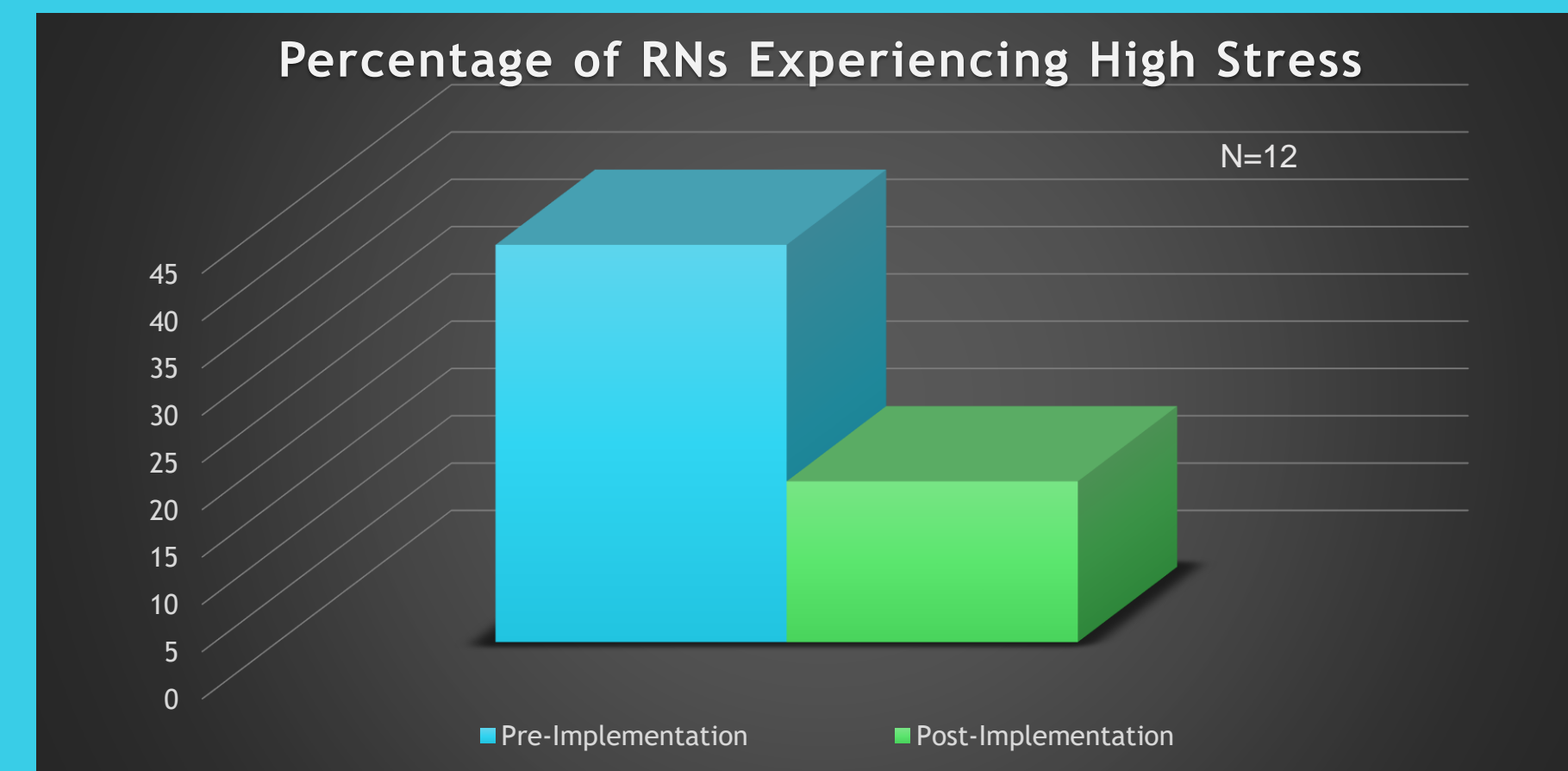
## Practice Change

The aim was to reduce stress, by improving workflow with implementation of pre-procedure checklists and ultimately improve job satisfaction of the nursing staff. We assessed stress levels of nursing staff working on Grant 4 Cardiac using surveys before and after checklist implementation.

## Methods

- A pre-procedure cross-sectional survey was distributed to the Grant 4 Cardiac nursing staff.
- Education was provided to staff regarding the created checklists and their locations via posters and huddles.
- Checklists were placed on the unit for staff implementation for one month.
- A post-implementation cross-sectional survey was distributed to the Grant 4 Cardiac nursing staff.

## Measures and Results



Preparedness: Yes or No, have you noticed an increase in the frequency of patients being more prepared for their cardiac procedures further in advance?

Do you believe creating a standardized checklist as an ad hoc form would be useful in decreasing stress related to caring for patients undergoing cardiac procedures?

In the past month, how many patients have you cared for the night before their cardiac procedure who have not been properly prepared. For example, the green sheet or pre-education sheet has not been filled out and/or education has not been completed?

<1 - Patient	2	3 - Patients	4	>5 - Patients
58%	17%	8%	17%	0%

In the past month, do you feel confident in the ability to find and locate up to date protocols and procedures related to pre-procedures?

1 - Not confident	2	3 - Somewhat confident	4	5 - Very confident
0%	8%	42%	44%	17%

On a scale of 1 to 5, how helpful do you believe a standardized checklist would be in lowering the stress related to preparing patients undergoing cardiac procedures?

1 - Not helpful	2	3 - Somewhat helpful	4	5 - Very helpful
0%	17%	8%	17%	58%

## Summary/Discussion

- After further discussion with the Grant 4 staff nurses the following information was gathered:
  - In the month we evaluated, 58% of nurses that completed the survey had had only one or no patients that required preparation for cardiac surgery. Due to the infrequency of these patients, it is imperative to have a resource to ensure proper completion of all requirements.
  - We believe that the staff split on creation of an ad hoc form is due to reluctance to add to the required workload of nurses.
- Our work was a good stepping stone for a practice change.
  - The Grant 4 Shared Governance Committee has taken our checklist and other resources and has continued to develop pre-procedure packets to further streamline the process.

## Conclusion

- Grant 4 nurses experienced reduced stress levels with the implementation of standardized checklists.

### References

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