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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**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**
- 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.

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**Background**

- 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.

**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.
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