Will Intake & Output Tracking Sheets Improve Documentation?

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**Background**

- Close tracking of intake and output (I&O) on the cardiac floor is an essential task to determine the overall fluid status of cardiac patients.
- Circulatory overload is a key factor in cardiac patients’ stay in the hospital.
- I&O documentation helps to ensure accurate assessment and record of the patient’s stay.
- Medication therapy is adjusted based on the patient’s net intake & output for each 24 hr period.
- Floor staff and providers need to work together to maintain adequate fluid volume status of the patient.

**Practice Change**

To increase the percentage of accurate intake and output documentation on cardiac telemetry patients.

**Methods**

- Administered pre-intervention surveys to 5 NECA providers.
- Implemented I&O tracking sheet at each patient’s bedside.
- Administered post-intervention surveys to 5 NECA providers one month after I&O sheets were introduced.

**Measures and Results**

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<thead>
<tr>
<th>Pre-survey results vs. Post-survey results</th>
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<table>
<thead>
<tr>
<th>% of I&amp;O accurately tracked</th>
<th>Pre-Intervention</th>
<th>Post-Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>1%</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2%</td>
<td>0</td>
<td>0</td>
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<tr>
<td>3%</td>
<td>0</td>
<td>0</td>
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<td>4%</td>
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**Summary/Discussion**

- Next Steps:
  - Continue education on importance of I&O tracking with RN/NTs and patients/family members
  - Positive reinforcement from providers and higher-ups
  - Edit admission form / room set-up to include hat & urinal placement

- Barriers of this Study:
  - Patients, family, and staff from other departments throwing away cups
  - Independent patients toileting themselves and flushing
  - Staff compliance with filling out the tracking sheet

**Conclusion**

- According to results of our survey from NECA providers, I&O tracking plays a role in adjusting treatments and interventions for patients. If not tracked accurately, it can increase the patients’ length of stay.
- The largest barrier to this project was getting RNs and NTs to participate and use the sheet correctly.
- Compliance was low, thus limiting true results on if this sheet would increase accurate tracking.
- Written education should be provided to RNs/NTs on the importance of tracking, and audits from charge/management should be kept in place.
- Post education and audit results pending.