

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

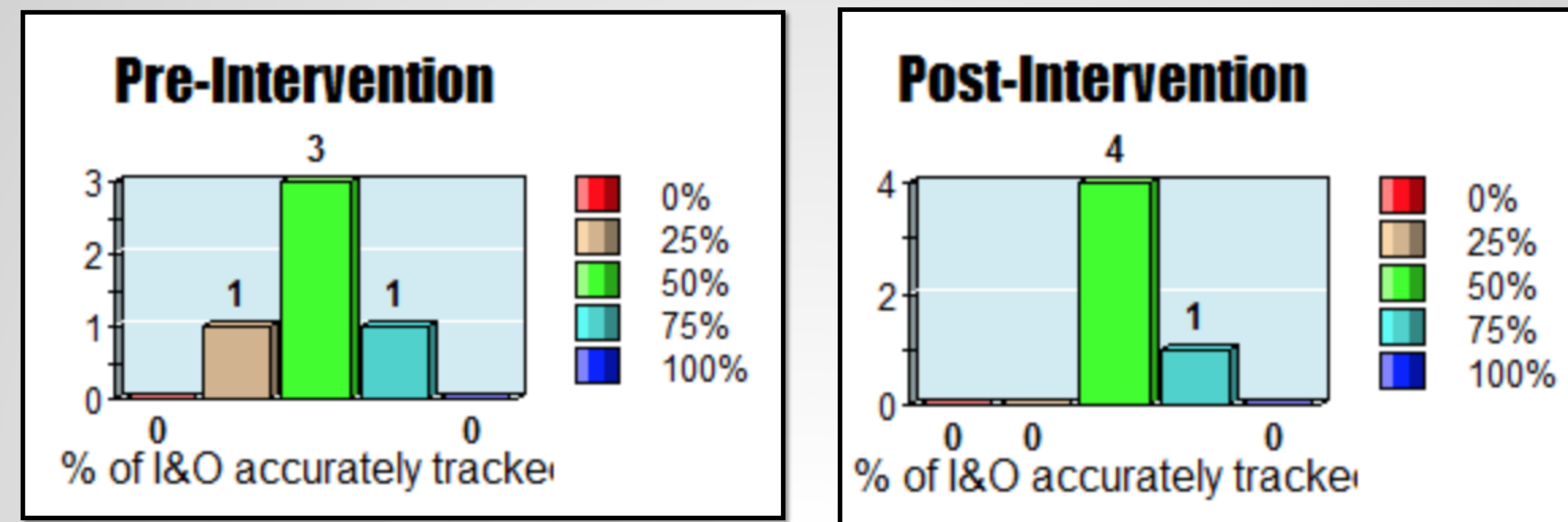
To increase the percentage of accurate intake and output documentation on cardiac telemetry patients.

Methods

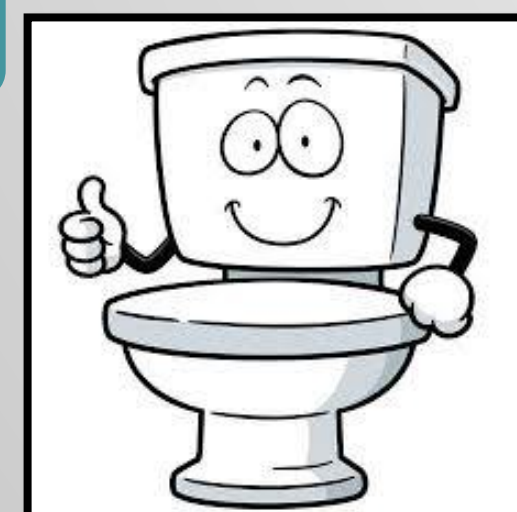
- Administered pre-intervention surveys to 5 NECA providers.
- Implemented I&O tracking sheet at each patient's bedside.
- Administered post-intervention surveys to 5 NECA providers one month after I&O sheets were introduced.

Measures and Results

Pre-survey results vs. Post-survey results



I&O tracking sheet



Pt Name: _____		Room #: _____		Fluid Restriction: _____ mL		Small white cup: 200mL		Large white cup: 400mL		1 ounce = 30 mL	
Grant 4 Cardiac INTAKE AND OUTPUT SHEET											
INTAKE	Date	Breakfast	Lunch	Dinner	Misc.	Misc.	Misc.	Misc.	NT signoff	RN signoff	
OUTPUT	Date	Void	Void	Void	Void	Void	Void	Void	NT signoff	RN signoff	

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.