A 2-year service review: Cardiac Nurse Pre-operative Assessment Clinic in Facilitating Cardiac Ambulatory service and Patient Empowerment

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Introduction
Nurse-led service and ambulatory care are increasingly highlighted to meet the expanding and evolving healthcare needs. A collaboration of Cardiac Nurse Pre-operative Assessment clinic with United Ambulatory Care Centre (UACC) in United Christian hospital was initiated in 2013. There were over 700 patient assessments done every year. All were assessed by cardiac nurse and UACC nurse in a half-day session. Eligible patients are then assigned to admit ambulatory ward rather inpatient; high risk cases are tackled with early treatment; patients are more empowered in disease management and procedure preparation in a one-hour group talk; and lifestyle modifications are advised individually.

Objectives
To review the effectiveness of Cardiac Nurse Pre-operative Assessment clinic

Methodology
A retrospective review was done in 2013-14 with data analyzed on 1) utilization of cardiac ambulatory service; 2) high risk case tackled; and 3) patient satisfaction and empowerment on disease management.

Result
After assessment and risk stratification performed in nurse clinic, there were 76% and 60% patients assigned as day admission respectively. In-patient stay was thus minimized through the seamless collaboration UACC. There were 11% & 16% cases with problems identified respectively, including new electrocardiogram changes; impaired renal function; declined in haemoglobin or platelet count; or electrolyte

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imbalance. Early interventions were applied to minimize risk of upcoming procedure.
Satisfaction survey was performed annually to patient and family. In October 2014, a
total of 43 feedbacks were returned and analyzed. Patient /family were highly satisfied
with the overall services, rating 4.9 using a 5-point scale. Most (4.93/5) agreed that
the one-hour group-talk was helpful and necessary before cardiac interventions.
During group sharing, knowledge on angina management was explored. Over half of
them with coronary artery disease failed to demonstrate appropriate management and
were then educated. They showed better health knowledge gain (4.85/5) and
perceived improved confidence in disease management (4.78/5) afterwards.
Unnecessary AED attendance for inappropriate angina management can be
diminished in a consequence. Cardiac nurse pre-operative assessment clinic
demonstrates quality professional nurse-led service for patients prior to cardiac
interventions. Seamless collaboration with UACC facilitated cardiac ambulatory
service most effectively.