

HAC 2016 ABSTRACT for Oral Presentations

Presentation no.: F2.1

Presenting Author: Winnie CHENG, QEH NC(DM)

Project title

To Engage Ward Nurses in Providing Bedside Education: A Pilot Project for Patients Admitted for Hypoglycemia

Author(s)

Cheng MWW(1), Kan CYE(1), Tam SKG(2), Yeung SY(3),
(1)Department of Medicine,(2)Accident & Emergency Department,(3)Central Nursing Department, Queen Elizabeth Hospital, Hong Kong

Keyword(s)

Engage ward nurses
Provide bedside education
Bedside hypoglycemia education
Promote bedside education by nurses

Approval by Ethics Committee: /

Introduction

Patient education is one of the nurses' roles in empowering people to maintain health. However, nurses are often not able to devote much time to educate patients in acutely busy wards. According to the Adult Learning Principles, people learn more effectively from their immediate experience. Providing hypoglycemia education to patients admitted for hypoglycemia capitalizes on patients' immediate experience and readiness to learn, and is hypothesized to be effective. A project was designed to engage ward nurses to provide hypoglycemia education in an Accident & Emergency Department (AED) ward.

Objectives

This project aims to: 1)increase ward nurses' competence and confidence in providing hypoglycemia education 2)increase ward nurses' involvement in educating patients in wards 3)evaluate the effectiveness of hypoglycemia education provided by ward nurses

Methodology

Two 2.5-hour training sessions, focused on delivering knowledge on diabetes medications, hypoglycemia management and prevention, insulin injection, and use of educational materials were conducted by the Diabetes Nurse Consultant (DMNC) to 10 nurses from AED ward and Central Nursing Division (CND). Educational pamphlets were provided to facilitate teaching. An education record sheet was designed to guide education and documentation. Continuous support by DMNC and three face-to-face group-meeting were provided. After discharge, 2 telephone follow-up were made by nurses in CND at Day 2-4 and Day 28-30 for collecting patients' feedback and reinforcement education.

Result

All participating nurses had significant improvement in their confidence, competence and willingness to participate in bedside hypoglycemia education after training. Mean score of an 8-item Satisfaction Survey was 3.3 out of 4. Total 309 patients, mean age 74.8 years (25 to 91), 56% female were recruited between April 2014 and March 2015. 180 patients responded to the post program evaluation and all were very satisfied with the education provided (satisfaction survey mean score 8.35 out of 10). This project concludes that ward nurses are able to provide hypoglycemia education to patients despite the busy ward routines. With relevant training, clearly identified area for assessment and education as well as specialists' backup, ward nurses can grasp the teachable moment to provide the most timely and useful advice to patients which can impact life and death choices.