



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Early to Wear the Sternal Support , Early the Pain Relieve for Post Open Heart Surgery Patients**

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**Keywords:**

sternal support

**Introduction**

More than 500 patient undergone median sternotomy surgery in QEH. Most of which are open heart surgeries include coronary bypass grafting, valvular surgery and aortic graft replacement. Sternal pain and limited chest wall movement are the main problems for the patients.

**Objectives**

To streamline the flow of preparing sternal support before the surgery to release the pain and encourage chest wall movement. 3 gaps were found in the practice: 1) Time gap between measurement and fitting: -prolong wound pain. -there is chance that patient do not have the sternal support before transfer back to parent hospital. 2) Difficulties in measurement: -chest drains, A-line and infusion lines and measurement cables in situ. 3) No follow up after fitting on - patient comfort. - re-enforcement or education on the use of sternal support.

**Methodology**

Modify the flow of the preparation of the sternal support

**Result**

1. Reduce the pain score from average 6 to 2 2. Receive early sternal support from post op D4 to D2 3. Increase the compliance on the use of sternal support