



Service Priorities and Programmes Electronic Presentations

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Early and Safely Post-op Ambulatory Program in Paediatric Surgical & Orthopaedic Wards of Prince of Wales Hospital

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Introduction

Paediatric Surgical and Orthopaedic (7L & 7M) wards of PWH admitted patients aged from 1 month to 18 years old with different types of surgery performed (paed. surg./ ortho. / neuro. / ENT / eye / PRS. / CTS. etc.) Early sit-out post-operatively can enhance recovery and decrease complications, but may increase the risk of fall and pressure injury development. Besides, existing sit-out chairs are inadequate and all are in adult size. With the collaboration of nursing team and Occupational Therapists, the Paediatric Safe Sit-out Program was developed in 7LM wards aimed at reducing the risks and promoting early ambulatory with good posture and comfort after operation.

Objectives

- 1.To promote sit-out after surgery for faster recovery by providing appropriate paediatric sitting devices
- 2.To reduce the risk of fall & pressure injury during sit-out by appropriate sitting devices
- 3.To promote comfort by improving sitting posture with child armchair & foot stool
- 4.To increase patient's activities during sit-out by providing adjustable table over armchair

Methodology

All in-patients with age 4 – 10 years in 7LM wards who are medically fit for sit out after different surgeries (GA) were recruited. Specially designed armchairs, adjustable tables, and foot stools with different sizes and height were selected based on individual risk factors and body measurement. Training session for nurses was

organized. Occupational therapists were referred for posture review if needed. Evaluation was done by specially designed data collection sheet, patients' and staff feedback survey, seating device utilization rate.

Result

Specially designed paediatric armchairs for boys (size Lx2, S x 2 nos.) and girls (size Lx2, Sx3 nos.) with safety belts, activity tables and foot stools (8 inch height x 3; 4 inch height x2 nos.) were developed. From 14-1-16 to 31-12-16, total 133 patients (7L:70; 7M:63) with age 4-10 years old had operations done under GA.

Product utilization: 111 patients (83%) patients had sit out post-operatively successfully by 5 types of armchairs. Paediatric armchairs were used by 66 patients and 52 patients had applied with foot stool for posture adjustment.

Sit-out condition: Total 77 patients (69%) can sit-out successfully at post-op Day 1 (38 patients) to Day 5. Over 80 patients with sit-out duration over 30mins (max.: 5hrs, average: 1.5 hrs).

Feedback: Over 89% of patient agreed that the seating device provide good stability and satisfied with their posture (76%), 84% felt very comfortable with seating device and preferred to use the devices (97%). Besides, all staff in both wards satisfied with the program and agreed the program can help in early ambulatory for post-op patients.

In conclusion, the Program can promote early sit-out, seating comfort after surgery successfully in Paediatric patients, at the same time reduced risk of fall and pressure injury incidence.