A Qualitative Assessment to Improve the Timing of Dispersing Postoperative Analgesia Educational Materials following Tonsillectomy and/or Adenoidectomy Surgery

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INTRODUCTION
• A lack of education regarding post-op pain management is stressful for patients & caregivers.
• Current practice is to provide educational materials about post-op analgesia on the DOS.
• Our aim was to determine if providing these materials during pre-op clinic visits would improve caregiver knowledge.

METHODS
• Approved by Children’s Hospital Colorado Research Risk and Quality Improvement Review Panel.
• Baseline data obtained for caregivers of 127 children having T&A’s Sept- Dec 2020; educational materials distributed on DOS.
• Following intervention, materials dispersed during 182 pre-op clinic visits.
• Post-op phone calls assessed the effectiveness of materials & their impact on pain management.
• Run chart to analyze qualitative data, draw inferences, & understand variation over time.
• Process measures included assessing % of caregivers who received the education materials pre- and post-intervention.
• Balancing measures evaluated by surveying nursing staff.

RESULTS
• Pre-intervention, 24% of caregivers thought the materials helped alter the treatment plan. This ↑ to 56% post-intervention, indicating special cause variation (Fig 1a).
• No change in the % of caregivers who received the material pre- & post-intervention (60%), indicating stable process measures (Fig 1b).

DISCUSSION
• Despite the high volume of T&A’s performed at our facility, there are no consensus guidelines on post-op opioid education for caregivers.
• Caregiver education is one easily modifiable factor that can favorably impact proper opioid storage & disposal, which are important public health concerns.
• Barriers included lack of access to materials & an inefficient workflow lacking a streamlined process.
• Next steps include improving the proportion of caregivers who receive educational materials. A survey of clinic nurses will assist in establishing best methods for distribution.

CONCLUSION
• Providing caregivers with educational tools focused on post-op analgesia for T&A’s during pre-op clinic visits can enhance caregiver knowledge.

REFERENCES