

Improving Discharge Planning: Implementation of an NICU Discharge Road Map

Aurora West Allis Medical Center Women's Pavilion

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Purpose of Project

Develop and implement a visual guide for use by staff and families to

- Promote understanding of expectations of NICU
- Identify baby's progress
- Provide clear explanation of the steps required for discharge
- Accountability for nursing team to prepare baby/family for discharge

Background/Significance

Discharge Preparation

Evidence shows that mothers report experiencing high levels of stress related to infants' discharge from the NICU. (1-5)

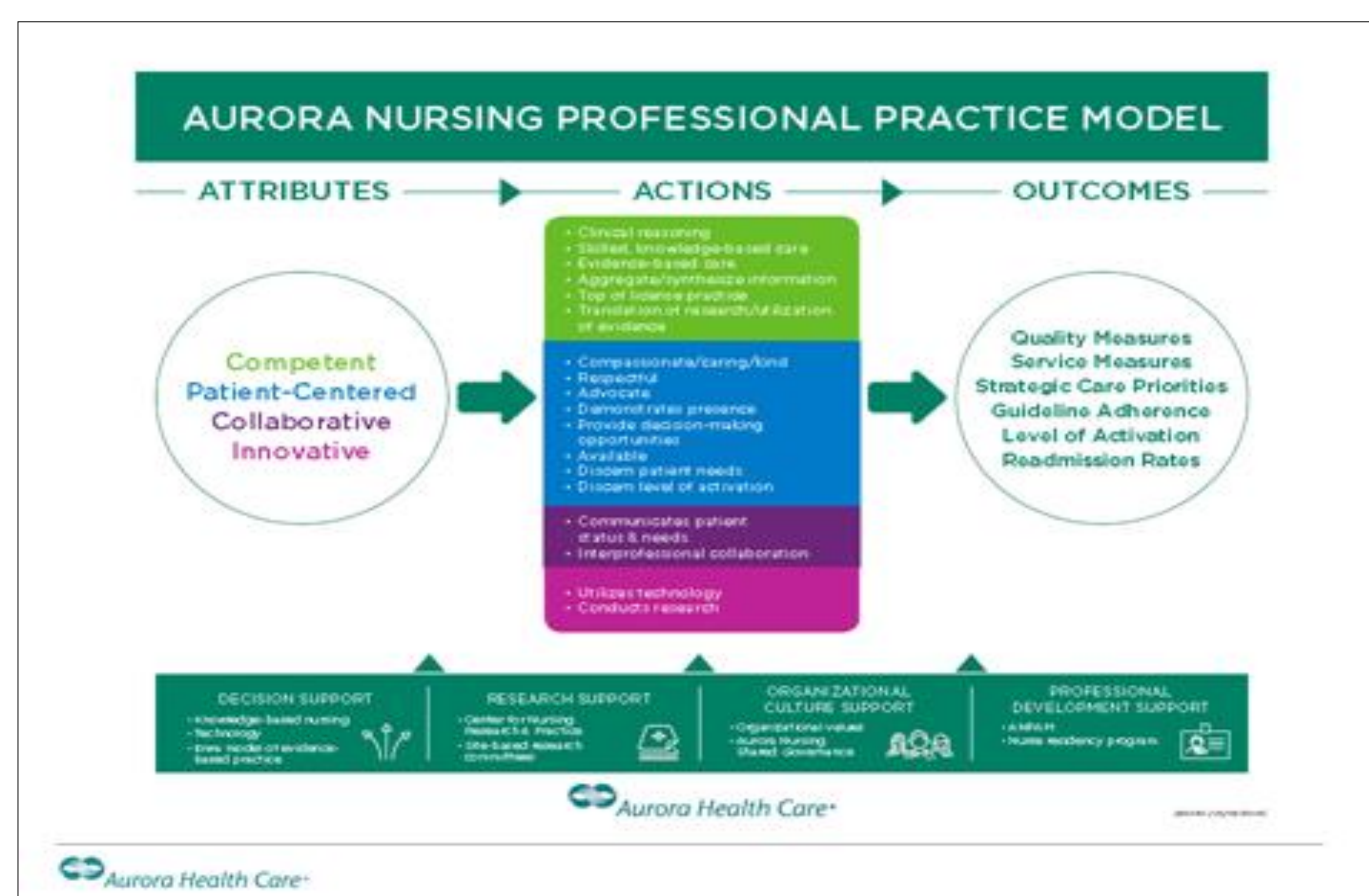
Family Involvement

The greatest stress in the NICU is the alteration of parent roles (1-5)

Physiology of Stress on Knowledge Retention

Parental stress related to discharge negatively impact the parents' ability to learn and retain discharge education. Thus, this negatively impacts developmental care outcomes (1-5)

Conceptual Model



Sample and Setting

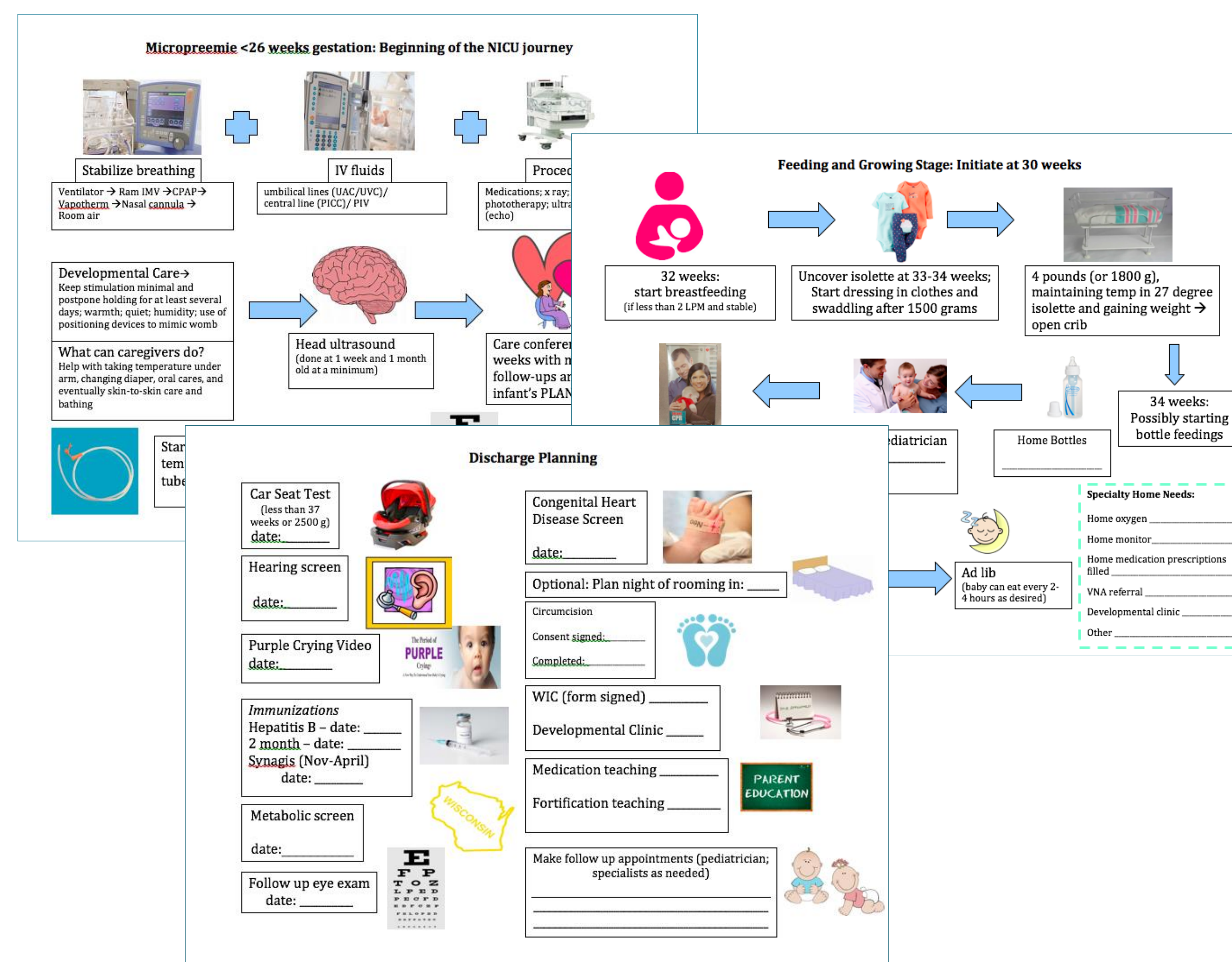
- Preterm babies born less than 36 weeks gestation
- English speaking families

Setting:

- 23 bed Level 3 NICU in West Allis, WI

Methods/Application to Practice

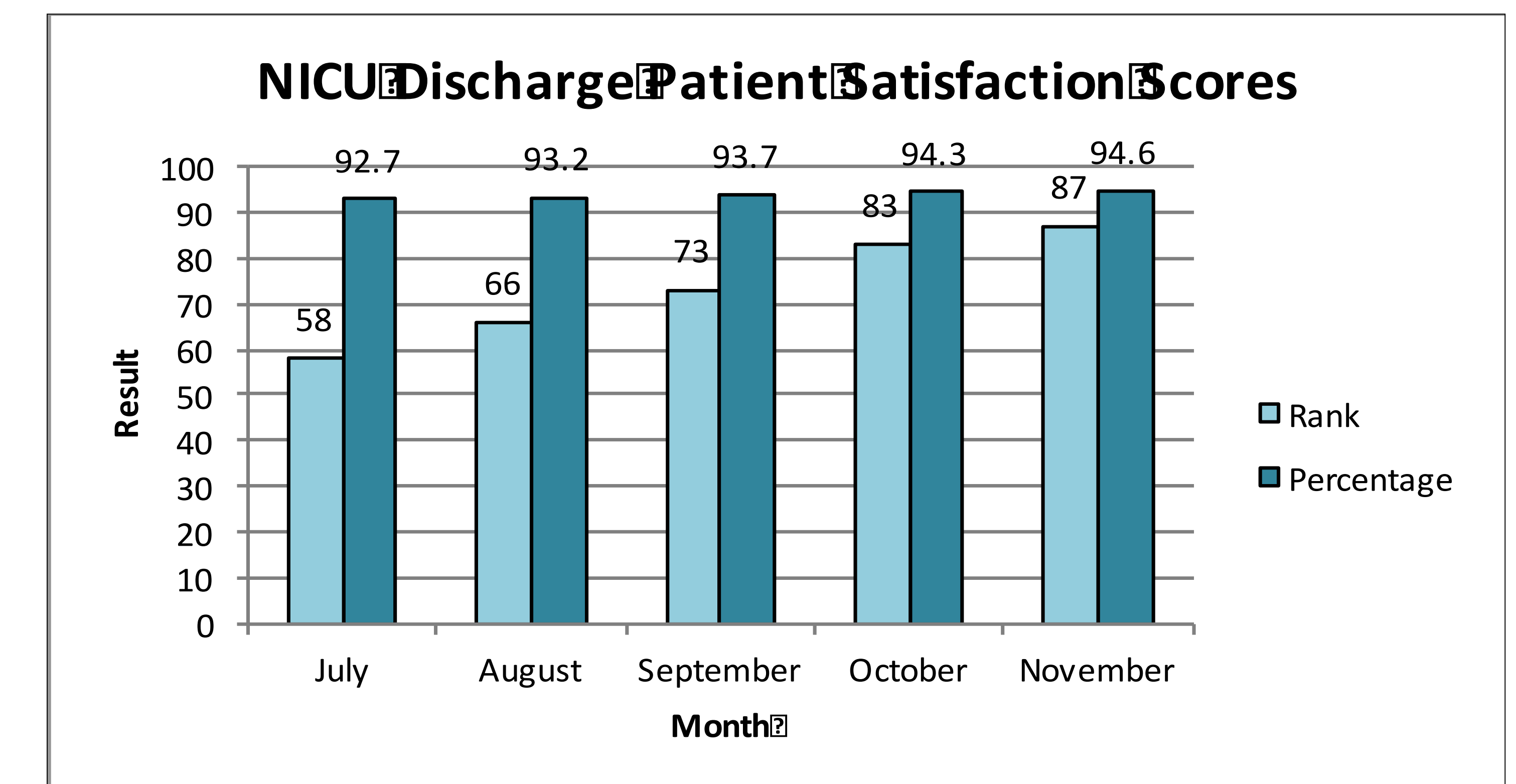
- Nurse Residency group developed the NICU Discharge Road Maps
- Staff survey of discharge planning satisfaction and revision of road maps to follow based on feedback
- Road maps presented and approved at unit shared governance meeting
- Road maps were rolled out via staff education binder
- Road maps hung at each baby's bedside.
 - Dry erase markers used to mark off baby's progress.
- Post-survey distributed to staff and further revision of road maps based on staff feedback



Findings/Results/Outcomes

Staff Surveys:

- Nurses reported more tasks being done prior to discharge
- Variance in usage of discharge road maps by nursing staff
- Identified need for consistent place to hang at bedside



Implications

- Create forms in languages that represent the NICU population
- Continuing education for NICU Nurses on discharge planning, utilization of the discharge road maps and communication with families on plan of care.
- Obtain parent feedback on forms to improve
- Propose use of these tools at a system level

References

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