

00002 Effectiveness of Advanced Practice Nurse Discharge Practice in a Post Anesthesia Care Unit: A Retrospective Cohort Study

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Aims: To determine the effectiveness of an Advanced Practice Nurse (APN)-led discharge protocol in the Post Anaesthesia Care Unit (PACU).

Methodology: Study design: Retrospective cohort study

Setting: Post Anaesthesia Care Unit in Major Operating Theatre of a large, tertiary-care, academic hospital

Patients: 2500 adults, American Society of Anaesthesiologist (ASA) physical status classification score I, II and III patients, 21 years or older, requiring general or regional anaesthesia.

Interventions: Medical records of 2500 surgical patients admitted to Post Anaesthesia Care Unit (PACU) were accessed and reviewed. Outcomes of patients cared for and discharged by APNs were compared to outcomes of patients discharged by physicians.

Measurements: Data collected included patients' demographics, process outcomes (time taken from arrival to review by APN/physician; overall time spent in PACU) and clinical outcomes (patients' vitals, conscious level, pain control etc post discharge)

Result: The duration between patients' arrival to PACU and review was significantly shorter for patients in the APN-led Discharge Group (55.5 + 36.9 vs 59.5 + 44.9 min; $P = 0.017$). Overall time in PACU was higher among the Doctor Discharge Group (132 + 78.8 min) compared with the APN Discharge Group (125 + 73.5 min) ($P = 0.018$). Patients in the APN Discharge Group also had better clinical outcomes (eg a higher proportion in the APN discharge group had controlled nausea and vomiting).

Conclusion: APN Discharge Practice resulted in a shorter stay for patients in PACU and better clinical outcomes.