

THE PREOPERATIVE PHONE CALL AS A METHOD TO ENSURE PATIENT COMPLIANCE TAKING THEIR BETA BLOCKER THE DAY OF SURGERY

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Problem/Overview:

Many patients present the day of surgery poorly prepared with little or improper preoperative instructions. This affects their perioperative process, and may lead to poor surgical outcomes. A frequent issue is the failure of the patient to take their regularly prescribed beta blocker the day of surgery.

EB Question/Purpose:

Among adult preoperative patients prescribed a beta blocker, what is the impact of receiving the preoperative phone call instructing the patient to take their beta blocker the day of surgery compared to those that did not receive the preoperative phone call on patients' adherence to taking their beta blocker on the day of surgery?

Method/Evidence:

A literature search was performed using ProQuest, and CINAHL databases. An additional search was performed in the Journal of PeriAnesthesia Nursing. Articles were restricted to those published after 2005 when the American College of Cardiology Foundation and American Heart Association (ACC/AHA) guidelines supporting the continuance of patients' prescribed beta blocker the day of surgery was published. Nine sources were obtained and reviewed. Using Melnyk and Fineout-Overholt's Rating System for the Hierarchy of Evidence for Intervention/Treatment Questions, the level of evidence of the selected literature varied with three sources at level one (meta-analysis and systematic review of randomized controlled trials), five sources at level four (well defined case-controlled and cohort studies), and one at level seven (expert opinion, textbook).

Significance of Findings/Outcomes:

The continuation of a beta blocker the day of surgery is strongly supported by the ACC/AHA and Joint Commission National Quality Core Measures and Surgical Care Improvement Project protocols. The American Society of PeriAnesthesia Nurses recommends a preoperative phone call for preoperative evaluation and education with additional evidence supporting the benefits of a preoperative assessment by a nurse.

Implications for Perianesthesia Nurses and Future Research:

Evidence is presented that the preoperative phone call is instrumental in determining that the patient complies with the recommended beta blocker therapy the day of surgery. It stresses the importance of the preoperative phone call as a means to accomplish this goal; therefore, contributing to optimum, evidence based care. The Johns Hopkins Evidence-Based Practice Model was used to guide the evidence into practice. Investigation into alternative venues for the preoperative assessment is considered for the future.