

# Video Discharge Instructions in the Bariatric Postoperative Surgical Patient

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## Introduction to the Problem

- Changes after hospitalization include medications, activity and diet.
- Retention and understanding of these instructions are documented in the literature as poor.
- Poor understanding leads to readmissions and poor outcomes
- Discharge instructions that are verbal or written have been identified as a problem
- The use of video has been found to be better for retention of the instructions.

## Significance of the Problem

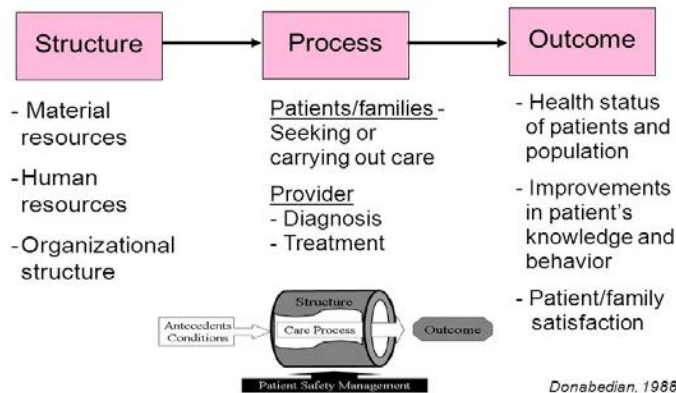
- Hospital readmissions cost Medicare \$26 billion annually and private insurances \$8.1 billion (LaPointe, 2018)
- Patients not involved in their care increase readmissions 34% (LaPointe, 2018)
- MedPAC (2015) estimates 12% of readmissions can be avoided, totaling 1 billion dollars in savings
- Total penalties in 2017 equaled \$253 million (KFF, 2018).
- 2573 hospitals were penalized in FY2018
- States that have had the highest readmission rates are NY, West Virginia, Kentucky, Fla, Nevada, and Miss.

## PICO Question

Will the addition of video discharge instructions (I) delivered by APN's to bariatric patients after surgery during weekend discharges (P) compared to those bariatric patients only receiving written instructions (C) affect readmission rates to the hospital (O)?

## Theoretical Framework

### Donabedian's Model



## Findings

- Readmission rates were equal:
- Demographics between the two groups were similar
- Improvement in readiness for discharge was seen in pre vs post video: 7.83 to 8.16
- 100% found the video helpful, 95% learned something new
- The need for provider or nurse providing discharge discussion not needed

## Implications

- Video discharge instructions (VDI) in addition to written improve readiness for discharge
- VDI provide education to patients when a provider is not available
- Approved to be used for all patients postop due to multiple factors
- VDI can be utilized at all associated institutions since on iPad
- More research is needed with VDI and surgical patients; being utilized alone
- Can be used in addition to written discharge instructions to improve retention of info

