

Orthopedic and Spine Bedside Nursing Education

Dawn Lopez, RN, MSN

PALOMAR HEALTH[®]

Reimagining Orthopedic & Spine Care



Conflict of Interest Disclaimer

- I have no conflicts of interest.
- I am admittedly biased to:
 - Nursing (31+years),
 - Palomar Medical Center (30+ years),
 - Orthopedic Nursing (since before nursing school caring for my grandpa after multiple hip surgeries, a BKA, a revision of a BKA, and an AKA before he passed in 1991... nope, he was not diabetic),
 - Advocate of Excellence in Patient Care and Education, and
 - Nurse Manager of 7E Orthopedics for 4+ years.

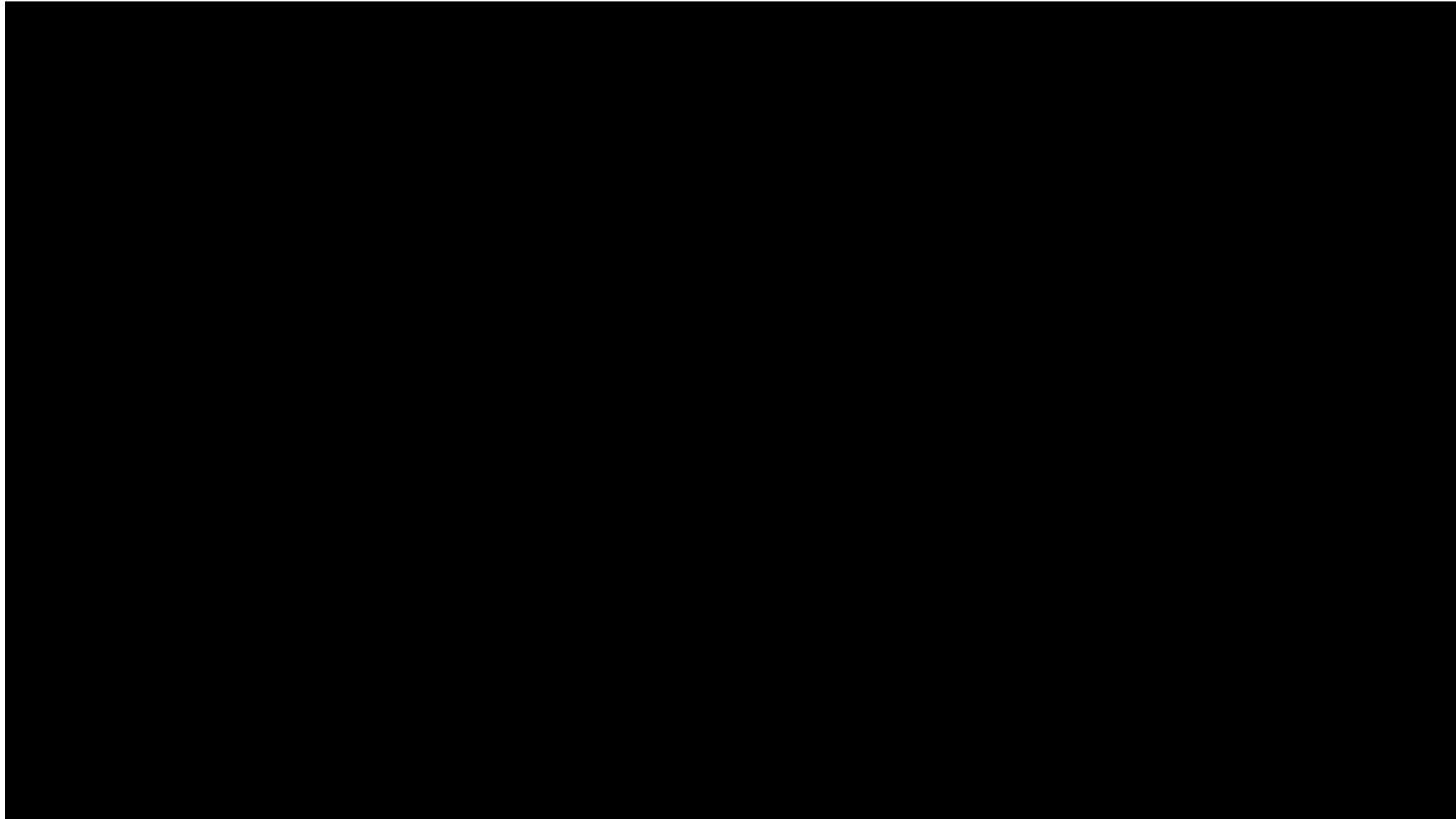
Patient Education Impacts Quality Outcomes

- Perception of received knowledge (Koivisto et al., 2020)
- Basic orthopedic or medical terms (Cosic & Kimmel, 2019)
- Family-based education (Rahmani, M., Bahraminejad, N., & Rezaei, M., 2020)

Cultural Biases

- Cognizant of cultural biases
- Contributes to health care disparities
- Treat everyone with courtesy and respect regardless of age, race, ethnicity, gender identity, sexual orientation, socioeconomic status, or other characteristics

Starting Education with Empathy



https://youtu.be/cDDWvj_q-o8?si=DNIHSjGZL5q-1Hyv

When Empathy Mixes with Reality

Is my mom going to be able to keep watching my kids now that dad is sick?

I'm scheduled to bring *snack* for **Joey's soccer game** TOMORROW & we'll attend *Sally's birthday party*

Mrs. Gomez wants to discharge ... now ... And her **family** isn't here and I have so much to teach all of them

I forgot to set up the **water bill** payment

My **CNA is busy** and Mr. Jones needs to be cleaned up

My **Supervisor** wants to review Documentation from the last time I worked.

Mr. Smith wants pain medication before therapy ... and the nurse is **busy** with another patient

And then there is the PATIENT'S Reality

Is my mom going to be able to keep watching my kids now that dad is sick?

How am I going to **PAY** this bill?

I'm scheduled to bring *snack* for **Joey's soccer game** TOMORROW & I may not make it to *Sally's birthday party*

Am I going to be able to do this for **myself** at home?

I want to discharge ...now... My **daughter** is picking me up on her lunch break. I don't want her to get in trouble at work.

They want me to walk, but I need pain medication **FIRST**.

What was that doctor's name and when am I supposed to **follow up**?



Keeping it Simple ...

3 P's for Patient Education

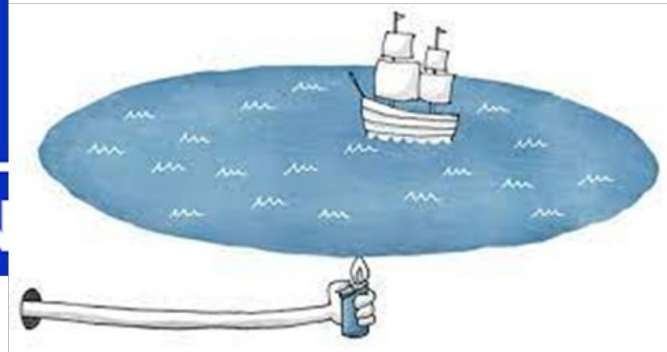
1. Proactive
2. Purposeful
3. Personable

Proactive

- Start early ... In Surgeon's office for elective cases Start early ... Upon arrival to your unit
- Each interaction is an opportunity to teach



VS.



Purposeful

- Post-Operative “Life Skills”
 - Pain management—multi-modal approach, ice/iceman machine (use frozen water bottles without labels)
 - Diet and Hydration
 - Bowel and bladder—anesthesia and narcotics slow things down, sometimes we need extra help
 - Exercise/Therapy—walking to the bathroom is therapy
 - DME—FWW, crutches, braces
 - Respiratory—IS and TCDB

Validate Understanding Throughout

Knowledge should lead to independence



Personable

- Utilize AIDET and smile
- Upbeat steady, thoughtful tone
- Education that is part of our daily conversation/tasks will be better retained



References

- Cosic, F., Kimmel, L., & Edwards, E. (2019). Patient comprehension of common orthopedic terminology. *HLRP: Health Literacy Research and Practice*, 3(3), e187-e193.
- Jaana-Maija Koivisto, Ira Saarinen, Antti Kaipia, Pauli Puukka, Katri Kivinen, Kirsi-Marja Laine, Elina Haavisto, Patient education in relation to informational needs and postoperative complications in surgical patients, *International Journal for Quality in Health Care*, Volume 32, Issue 1, February 2020, Pages 35–40, <https://doi.org/10.1093/intqhc/mzz032>
- Rahmani, M., Bahraminejad, N., & Rezaei, M. (2020). The effect of family-oriented educational intervention on postoperative pain after orthopedic surgery. *Iranian journal of nursing and midwifery research*, 25(1), 47.

