

The Effectiveness of implementing QR Code for intestinal surgery diet education

P397



Chia- Fen Liu^{1,2}

1. Research Center in Nursing Clinical Practice, Wan Fang Hospital, Taipei Medical University., Taipei, Taiwan.
2. Department of Nursing, Wan Fang Hospital, Taipei Medical University., Taipei, Taiwan.

INTRODUCTION

Gastrointestinal tract surgery is a major operation, Pre-operation preparations before surgery are extremely important, which include intestinal preparation and dietary restrictions.

During this period, the intestinal tract burden should be reduced as much as possible, and provided nutrition supplement. Dietary adjustments should be made according to the needs, when the nurses gave the patient relevant intestinal diet education before the operation, they found that the patient lacked diet knowledge before the operation. Patient often had difficulty on clean liquid and low-residue diet, not knowing what food to eat and how to prepare their food, Therefore, our nursing unit established improvement since April 2022. post-operative

RESULTS

Since the program was implemented, the results showed patients' knowledge level increased from 67.7% to 85.5% from November 1 to November 30, 2022.

Improvements:

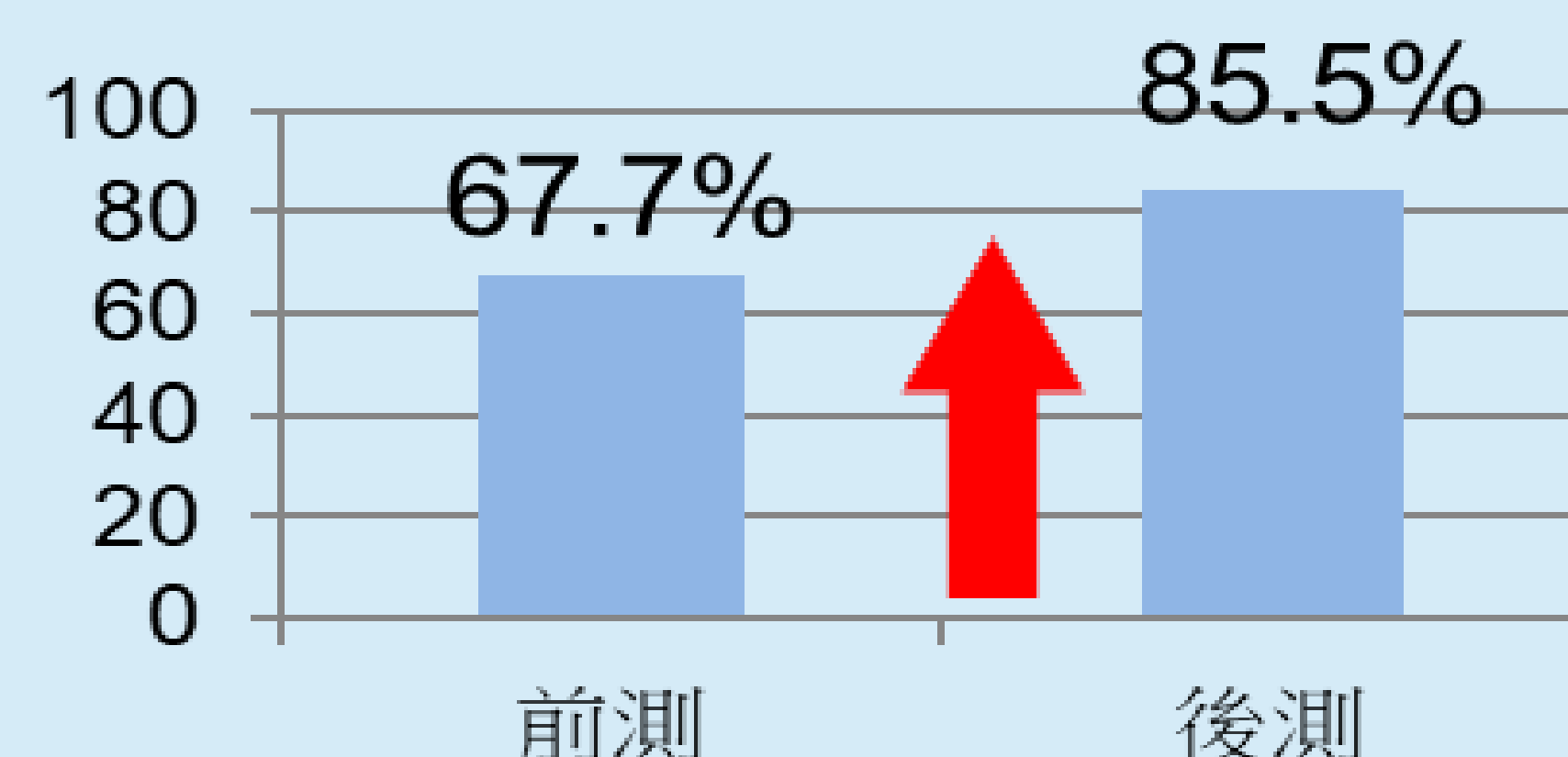
- Interdisciplinary discussion to clarify issues
- In-service Education for Paramedics
- Make a diet guidebook for intestinal surgery to facilitate patients' understanding



Gastrointestinal diet guide QR code

Improve performance:

The patient's understanding of dietary precautions through the dietary illustration book increased the patient's cognition from 67.7% to 85.5% (N=20)



AIM

The aim is to let the patient know how to prepare and eat the diet before and after the operation.

METHOD

Questionnaire test was conducted in order to understand the patients' awareness of intestinal diet in gastrointestinal surgery from April 1st to April 16th, 2022. After analyzing the reasons for only 67.7% of patients had knowledge of intestinal diet. The main reasons are:

- There is no uniform health education information for reference.
- The information on the Internet is too confusing. In order for the nursing staff to provide clear and simplified education guidance for patients, the diet education content was revised and discussed with nutritionist. Information technology is an important teaching tool in nowadays. So we are implementing QR code together with paper for easy access to patients. In the early stage of the patient's hospitalization, the QR code of the intestinal surgery diet guide is first given, and the patient is asked to follow the doctor's instructions and choose the relevant diet guidebook according to the current needs. Patient will follow the doctor's instructions and adjust diet step by step after the operation. Due to the publicity of QR code, and via the nursing staff, patients receiving intestinal surgery can review the instructions and guidelines at any time.

CONCLUSIONS

After the implementation of this project and education held by nursing staffs using the diet instruction for intestinal surgery, patients are able to choose an appropriate diet to get the best nutritional support. The cooperation and establishment of the project by nursing staffs improve dietary awareness of patients receiving intestinal surgery. The safety of patients is ensured.

ACKNOWLEDGEMENT

Authors have no conflict of interest to declare.

REFERENCES

- 沈明輝、王月棉、林雨萱、張淳昭、施俊明、陳瑞杰&蕭淑代。(2019)。
推動ERAS邁向價值導向醫療照護-北醫附醫經驗為例。新臺北護理期刊，
21(1)，1-10。
- 曾斐祺。(2020)。
大腸直腸癌的治療與照護。腫瘤護理雜誌，20(2)，5-9。
- 腸道準備清潔度對大腸鏡檢結果影響-文獻探討。2020。健康管理學術研討會-後疫情時期的新常態與新思維論文集(摘要)，2020。

CONTACT INFORMATION

Chia-Fen Liu,

Center for Nursing and Healthcare Research in Clinical Practice
Application, Wan Fang Hospital, Taipei Medical University, Taipei,
Taiwan.

Email : 92143@w.tmu.edu.tw