

Using discharge telephone interview to track the effect of Enhanced Recovery After Surgery care after lumbar vertebra surgery

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INTRODUCTION

Intervertebral disc herniation is the most common operation in neurosurgical ward. Enhanced Recovery After Surgery care, early getting out of bed, early removal of tubes and shortening of hospitalization days to reduce postoperative complications and improve the recovery of joint function and muscle strength. Continuous care of patients returning home after discharge by telephone follow-up was used to improve the quality of life.

AIM

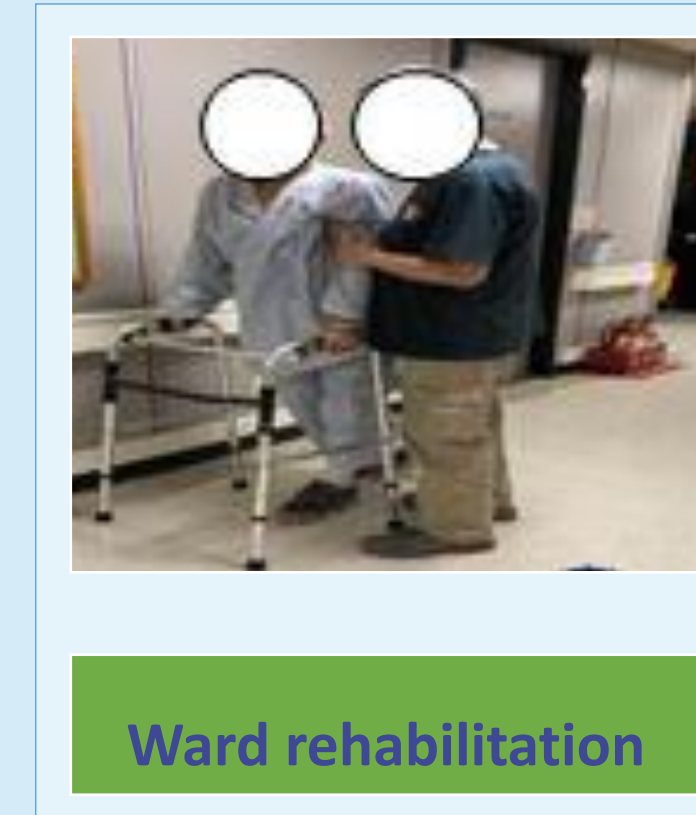
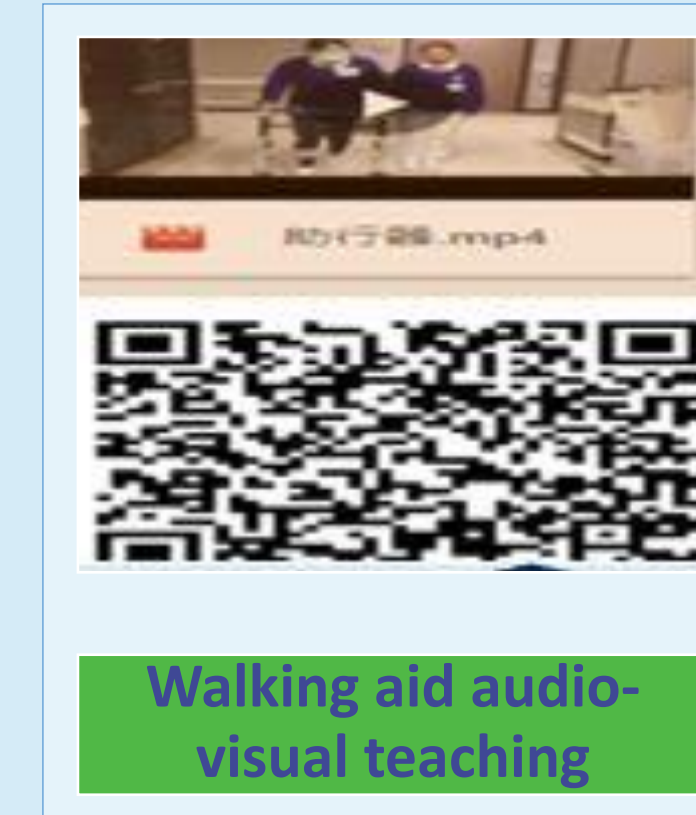
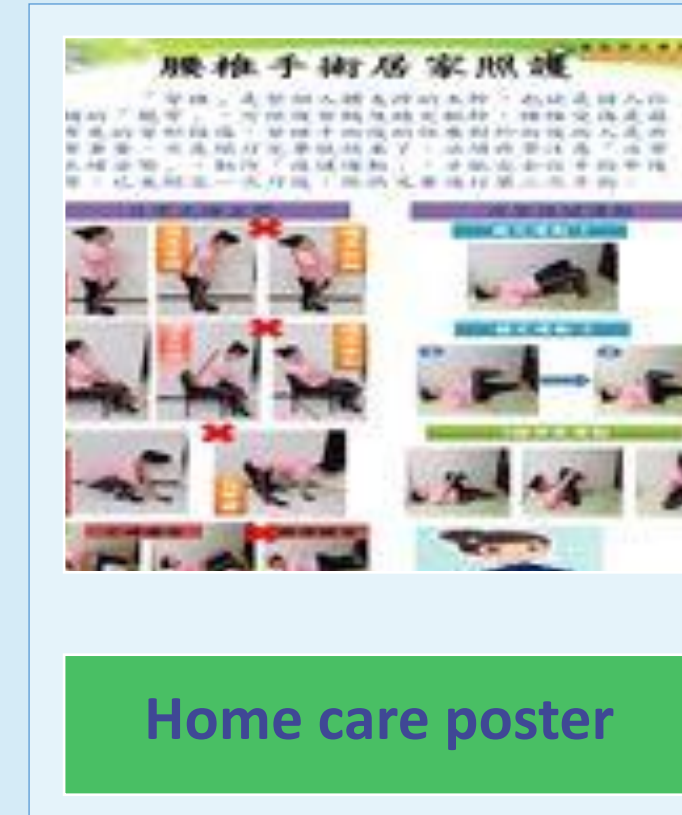
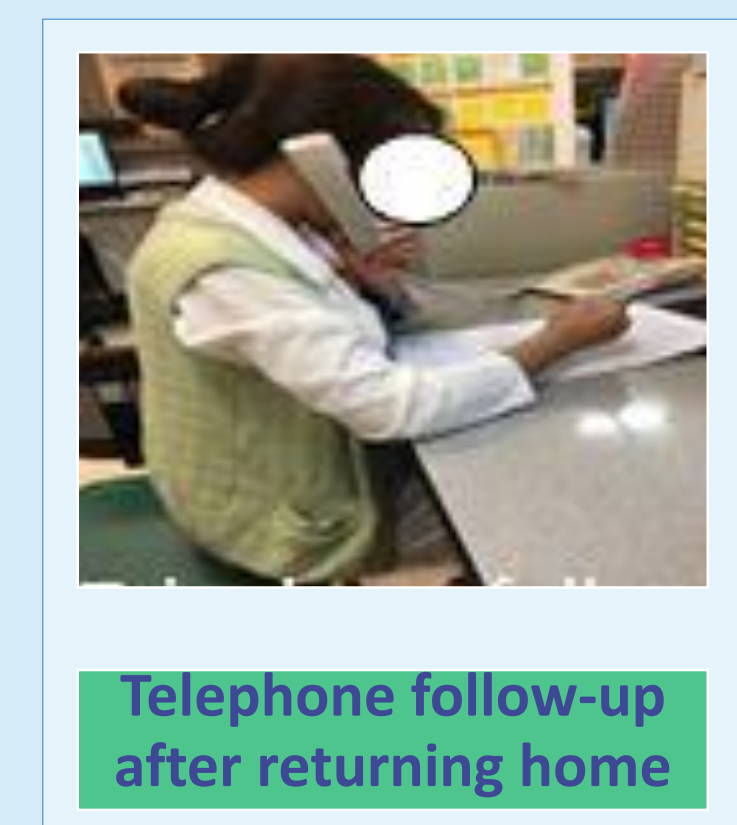
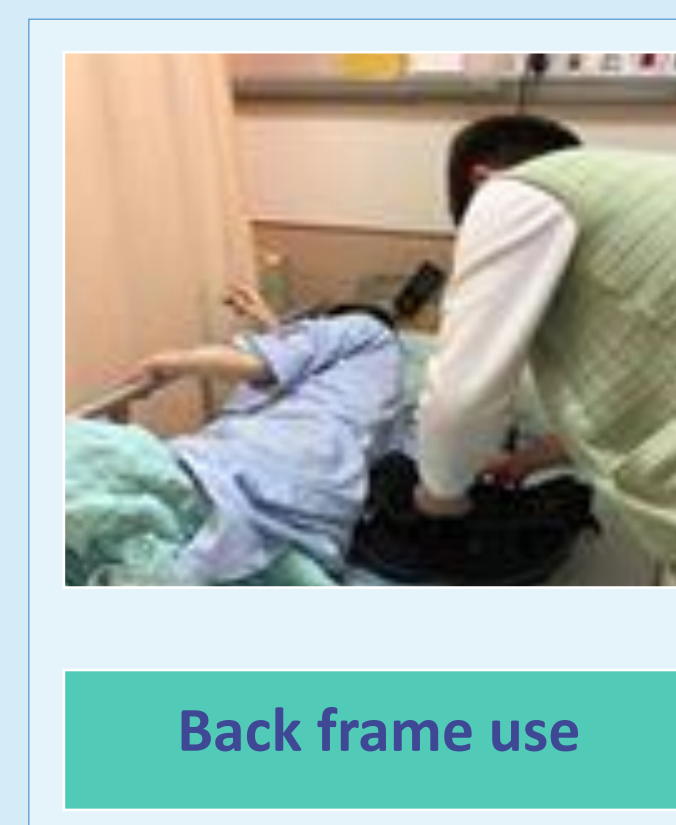
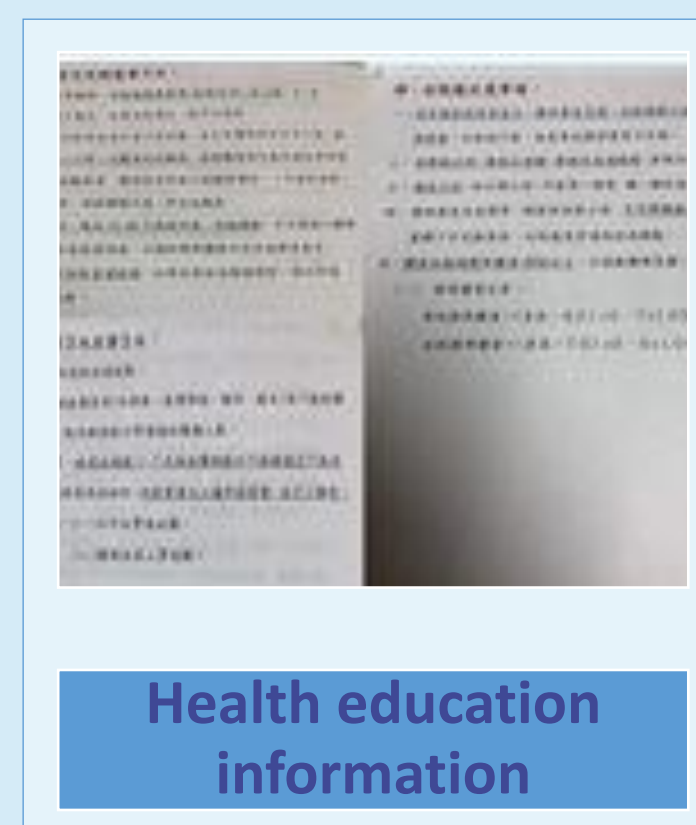
Continuous discharge telephone follow-up was used to improve the quality of Enhanced Recovery After Surgery care and self-care compliance rate.

METHOD

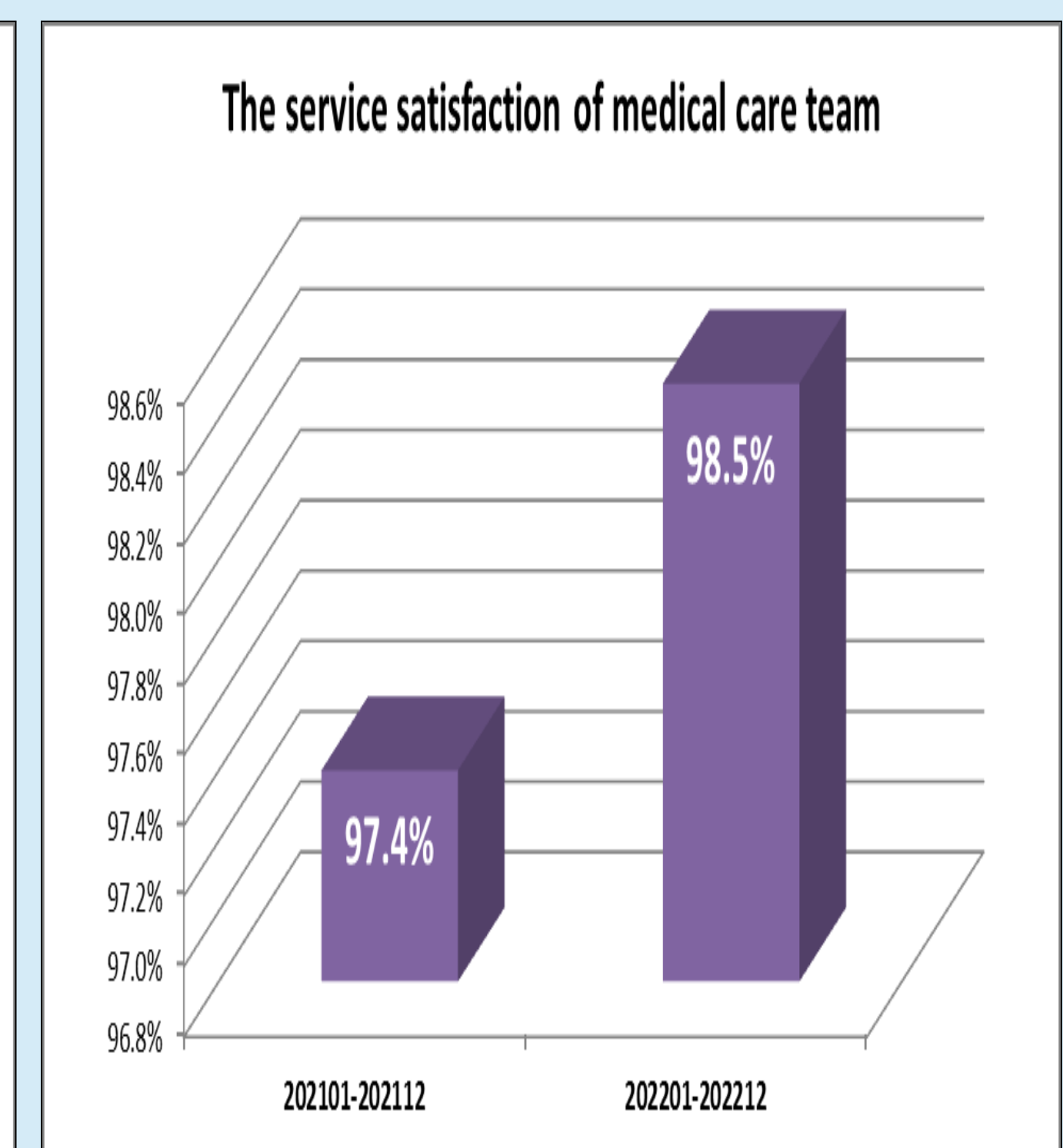
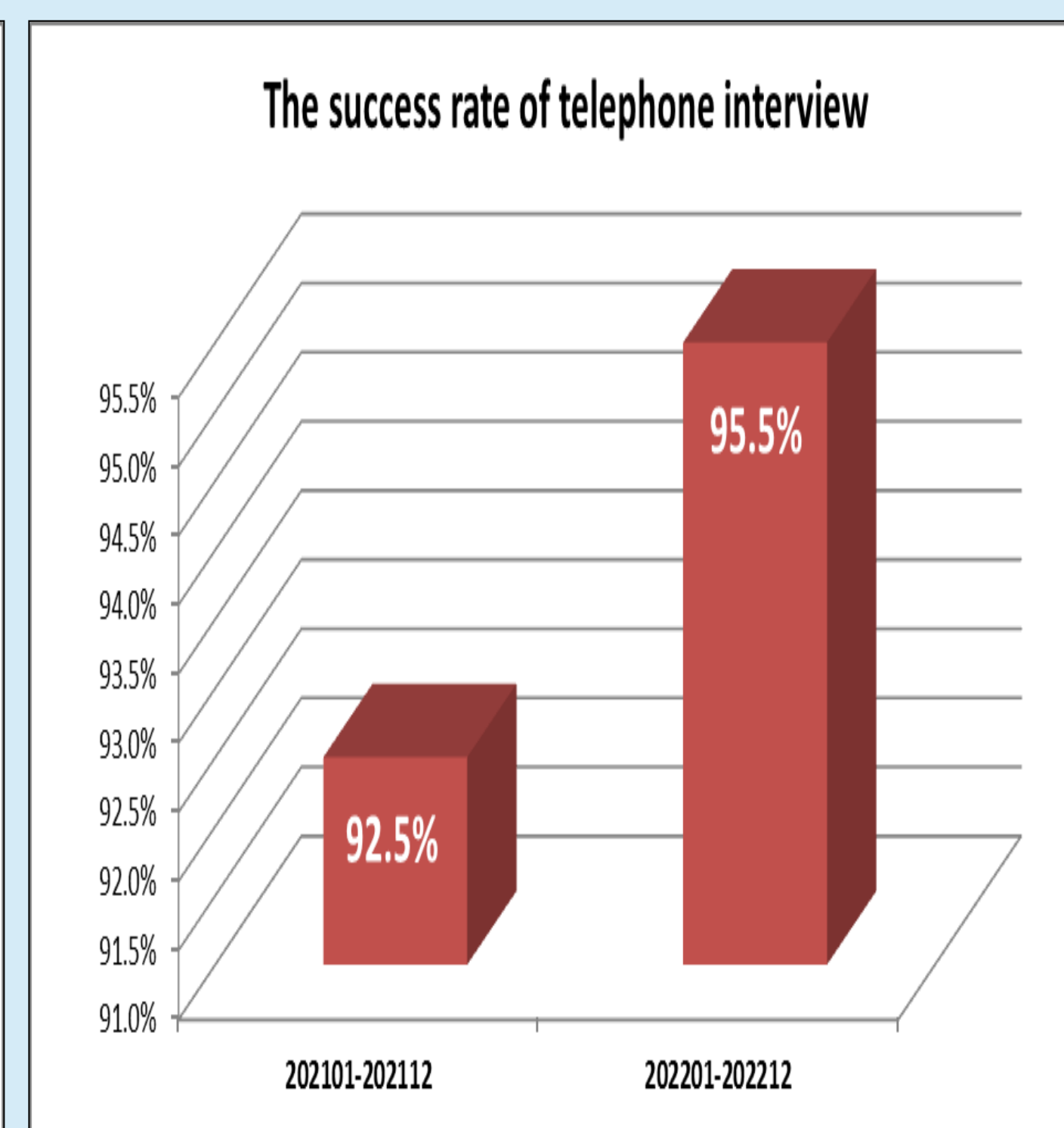
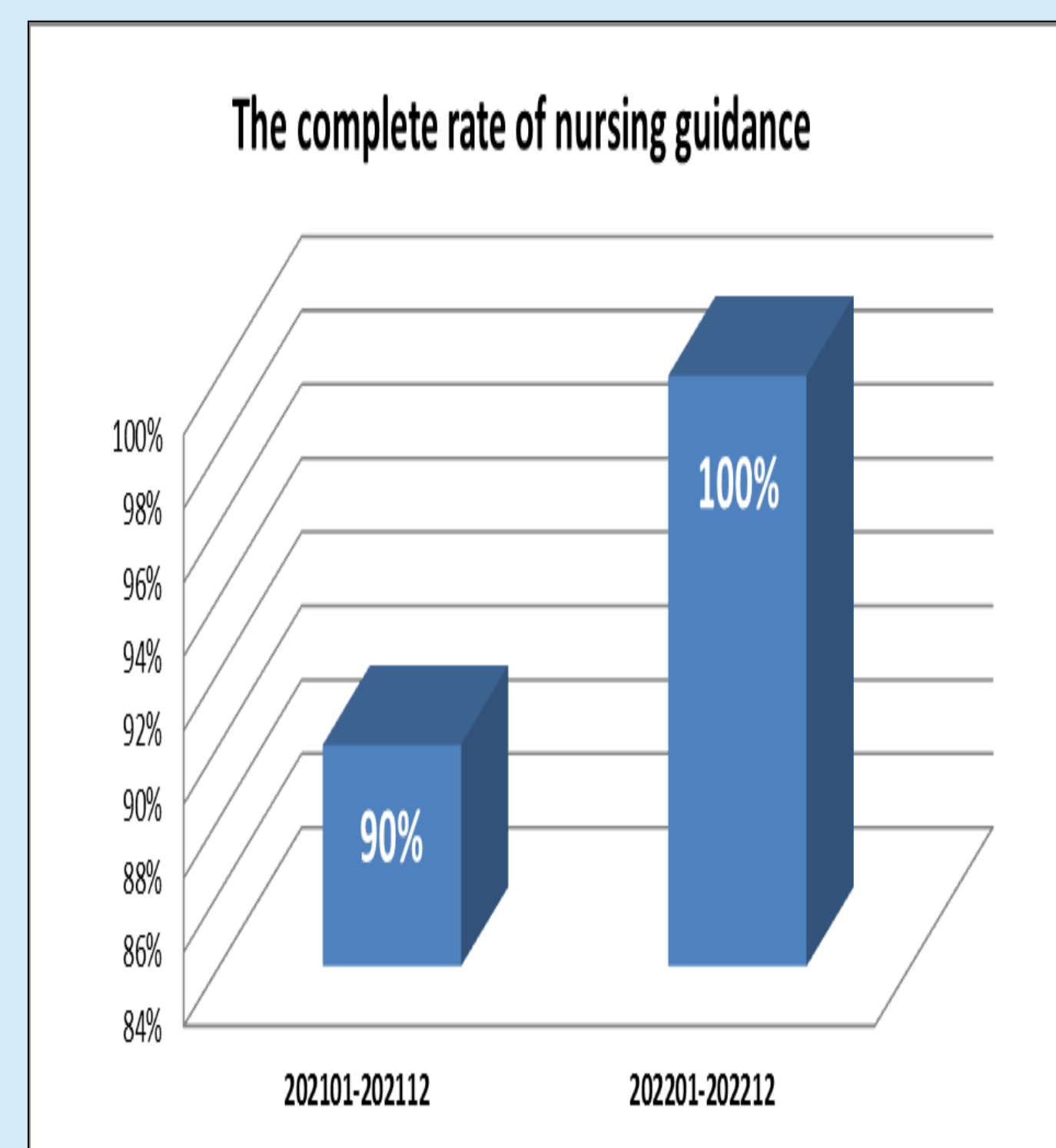
According to the patients after lumbar vertebra surgery, the patients were interviewed and checked, and the nursing education guidance before and after lumbar vertebra surgery and the matters needing attention after discharge were carried out. Through continuous care after discharge, telephone interviews were carried out to track patients returning home after lumbar vertebra surgery, so as to improve the integrity rate of nursing guidance and the success rate of telephone visits.

RESULTS

Nursing Guidance for Patients With Lumbar vertebra surgery:



According to the statistics of 287 patients after lumbar vertebra surgery from January 2021 to December 2022,



CONCLUSIONS

The use of continuous care after discharge and follow-up intervention by telephone visits. can reduce the anxiety of patients after returning home and improve postoperative care. And then enhance the trust of patients and their families to the health care staff, which is the greatest harvest of the research.

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