



Introducing a Sip Til Send Policy in Elective Obstetric Theatres

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Introduction

A Sip Til Send policy has recently been introduced in the Royal Infirmary of Edinburgh obstetric unit for patients undergoing elective caesarean section. It has been shown that prolonged fasting leads to increased patient discomfort and post operative nausea and vomiting¹. Sip Til Send allows patients to drink 170ml of water per hour until attending theatre and was successfully commenced in NHS Tayside to improving patient comfort².

Aims

1. Assess if women were aware of Sip Til Send policy pre-operatively
2. Investigate the proportion of patients who received written or verbal information regarding the policy
3. Assess patients' compliance with Sip Til Send

Methods

In July 2022, questionnaires were used to assess patients' knowledge of Sip Til Send policy (n=10).

Interventions

- Interdisciplinary education sessions
- Inclusion in departmental Safety Brief
- Ward posters

Repeat patient questionnaires were completed in September (n=8) and November 2022 (n=10).

Results

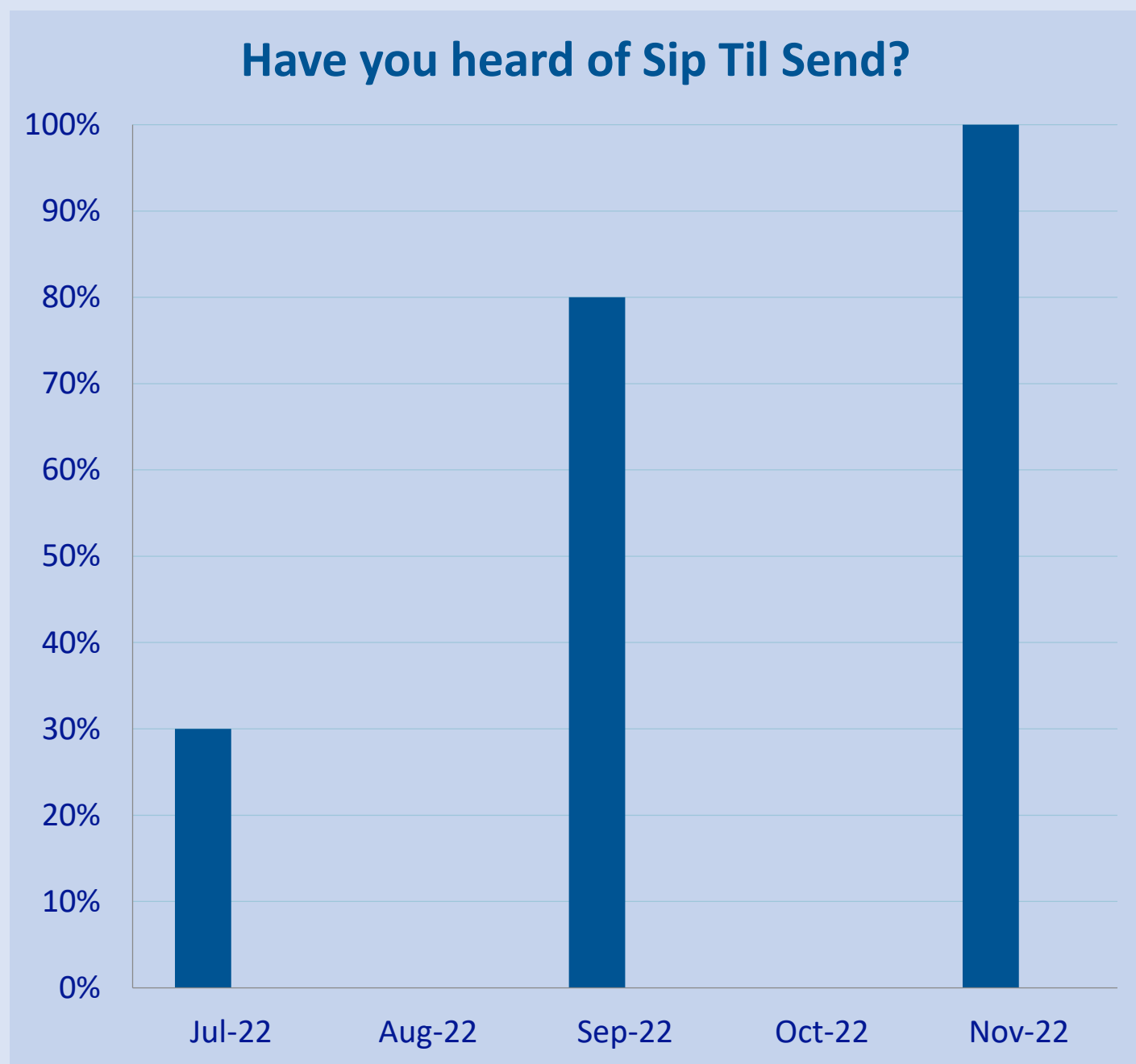


Figure 1: Familiarity with Sip Til Send Policy

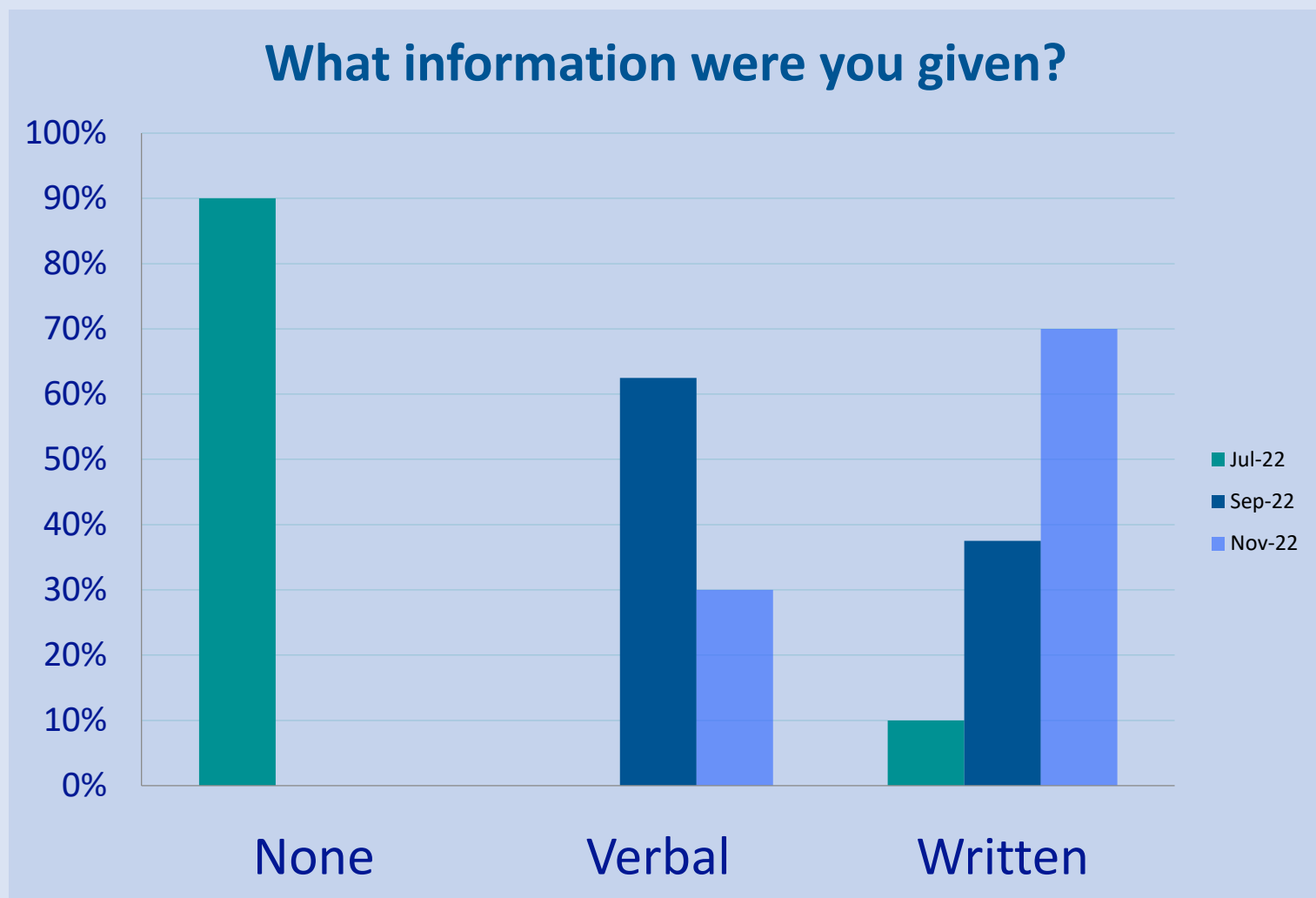


Figure 2: Information provision regarding Sip Til Send policy

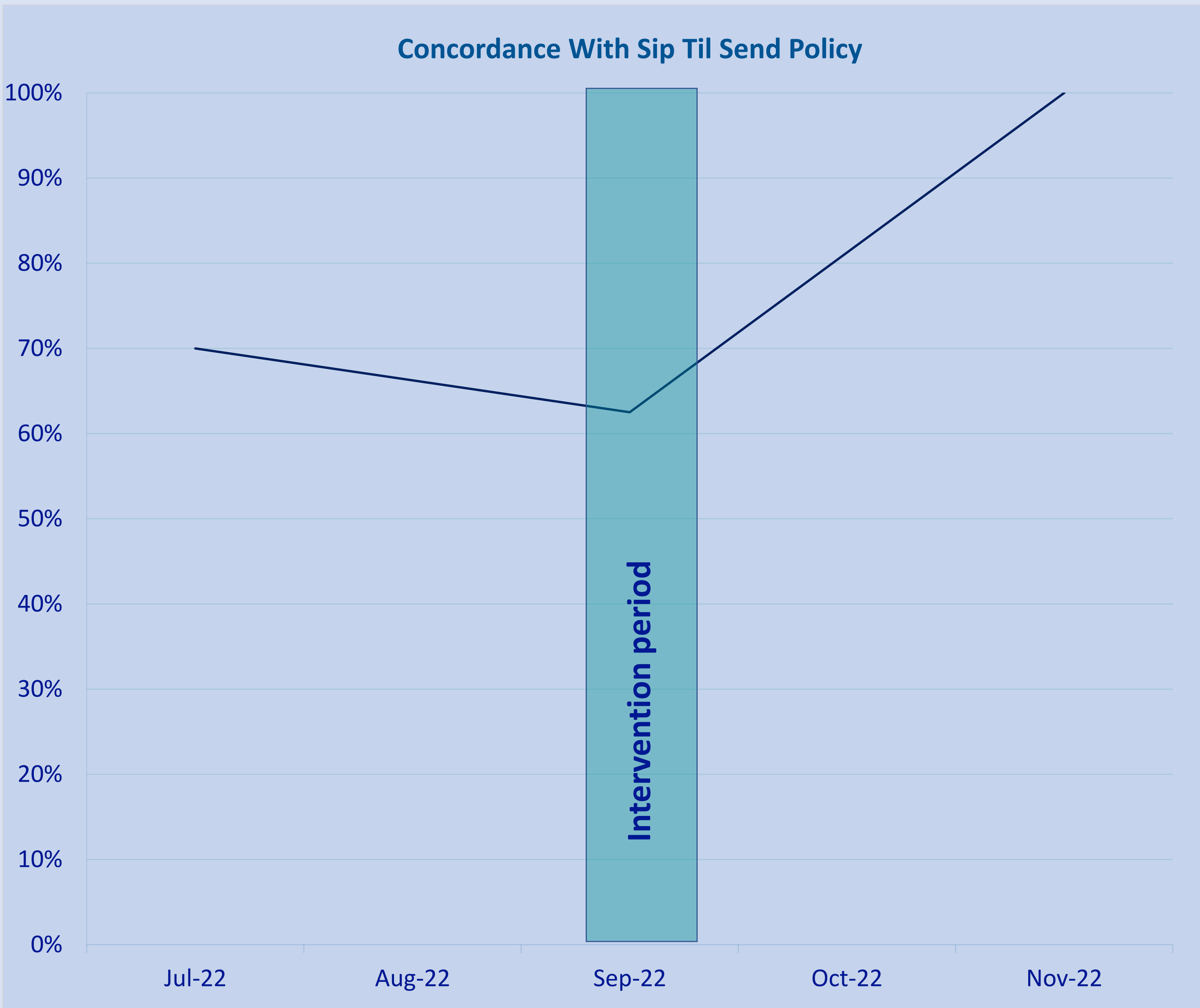


Figure 3: Concordance with Sip Til Send Policy

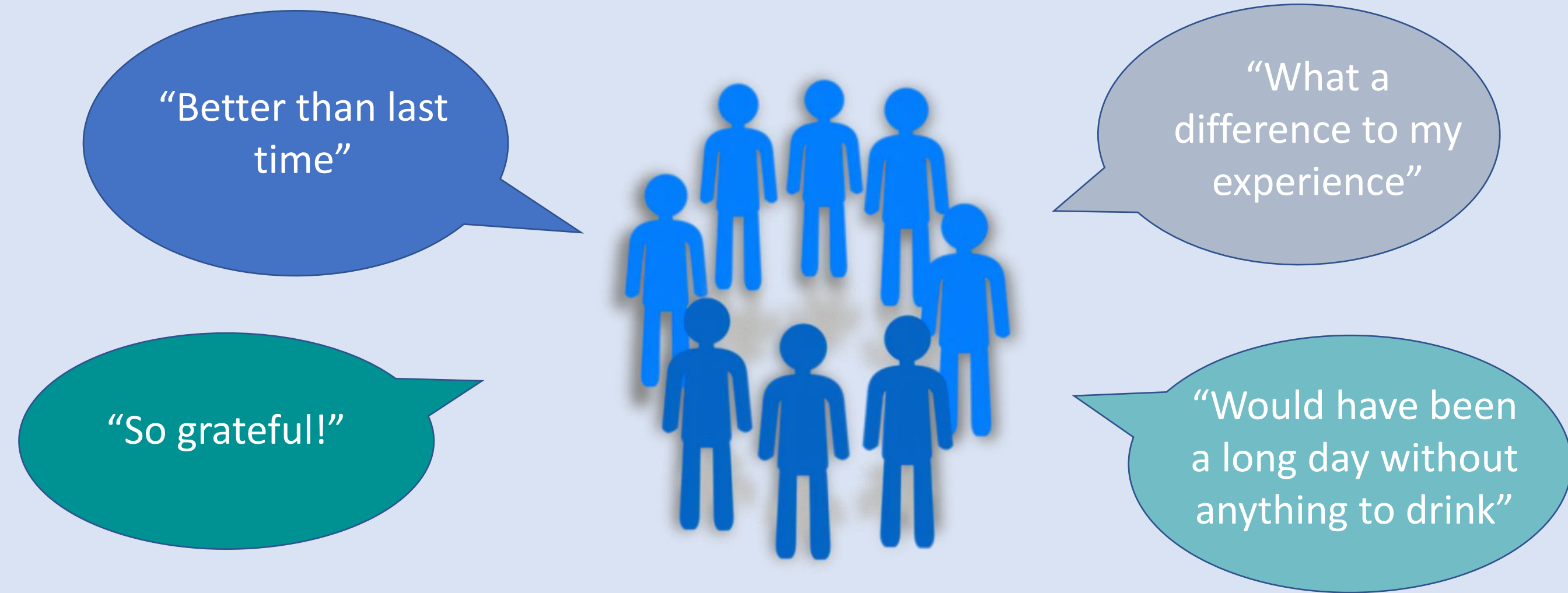


Figure 4: Patient feedback

Following the interventions, patient awareness of the Sip Til Send policy increased from 30% to 100% (Figure 1). There was an increase in proportion of those given information from 10% to 100% (Figure 2). Compliance with the policy increased from 70% to 100% (Figure 3), reporting of unpleasant symptoms decreased and patients' qualitative feedback was very positive (Figure 4).

Discussion

This project shows how well the Sip Til Send policy has been embedded in our unit. Staff education sessions and poster distribution were effective means of increasing patient concordance.

Future work

Work is currently ongoing to improve written Sip Til Send policy information provided for patients antenatally. This, combined with education for community midwives, is anticipated to further improve patient care.

References

1. Thomas M Engelhardt T. Think Drink! Current Fasting Guidelines are Outdated. British Journal of Anaesthesia 2017; 118: 291-3
2. NHS Tayside, Food, Fluid and Nutritional Care Policy. Pre Operative Fasting For Surgery/Procedures. August 2021. Available online: https://www.nhstaysidecdn.scot.nhs.uk/NHSTaysideWeb/idcplg?IdcService=GET_SECURE_FILE&Rendition=web&RevisionSelectionMethod=LatestReleased&noSaveAs=1&dDocName=prod_187005