

Safe Peri-operative Care

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Introduction

Operations may be classed as 'minor' or 'major' but being admitted to hospital can be very anxiety provoking and as far as the patient is concerned there is no such thing as a 'minor' operation. The entire surgical experience, from pre-admission assessment to discharge, is known as the peri-operative period and includes:

- Pre-admission assessment
- Nursing assessment and the nursing process
- Pre-operative preparation
- The operation and care in the recovery room
- Post-operative care

Safe Peri-operative Care

This programme is designed to help you:

- Understand the purpose of pre-admission assessment
- Perform a nursing assessment and other stages of the nursing process
- Explain each aspect of the pre-operative checklist and why it is so important
- Measure and fit graded compression stockings to prevent DVT
- Prepare a bed area for a patient returning from the operating theatre and explain the purpose of each piece of equipment
- Under supervision, safely collect a post-operative patient from the Recovery Room
- Explain what post-operative observations are necessary and why
- Test your knowledge of abbreviations commonly used in healthcare

The patient



In this programme you will meet Craig Millar, a 30-year old man who has been admitted for an open cholecystectomy (removal of the gall bladder). An understanding of the peri-operative process will ensure that you have the necessary skills and knowledge to provide safe, comfortable and dignified care to patients such as Craig.

You can print out this information but will also need to make notes so make sure you have a notebook and pen with you.

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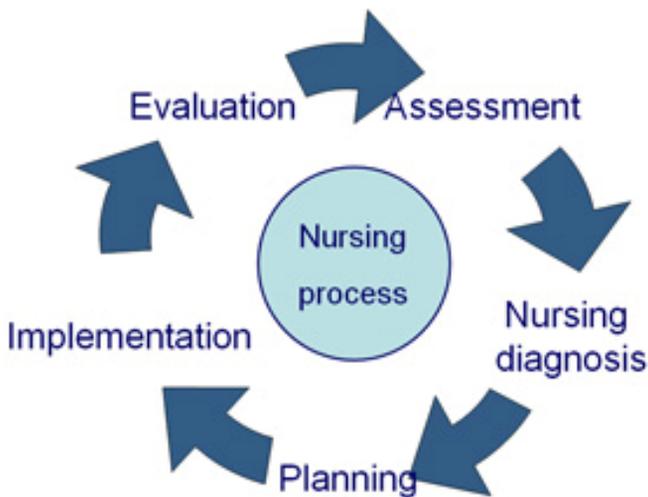
Pre-admission assessment



Patients will often attend a pre-admission clinic before their operation so that the physical and psychological preparation of the patient can begin. The purpose of pre-operative assessment is to examine the patient and take a history in order to assess the risks of surgery. It also provides an opportunity to check that the patient's consent was fully informed and that they understand what the operation involves.

Look up pre-operative assessment on Patient Plus (www.patient.co.uk) or a similar website, and make some notes about the key points. Then answer the questions in the pre-admission assessment quiz in our online tutorial (www.cetl.org.uk/learning/perioperative-care/player.html)

Nursing assessment and the nursing process



Once the patient is admitted to hospital a nursing assessment will be required in order to plan appropriate, individualised nursing care.

The nursing process is a cyclical problem-solving approach, which has 5 stages. Read the statements in the nursing process quiz and decide which one best describes assessment, nursing diagnosis, planning, implementation and evaluation. Quiz: (www.cetl.org.uk/learning/perioperative-care/player.html)

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Pre-operative preparations



When preparing patients for theatre there are a number of things the nurse must do to ensure patient safety.

Watch the video Admission to ward (www.cetl.org.uk/learning/perioperative-care/player.html)

and then answer the questions about pre-operative preparations, on the slide that follows; choose the answer that most accurately explains the rationale for each of the items listed.

Observation of vital signs

Vital signs normal ranges:

- Temperature (36.0 C – 37.2 C)
- Pulse (60-80 beats per minute –resting)
- Respiratory rate (12-20 breaths per minute)
- Blood Pressure (90/50 – 140/90 mmHg)
- Oxygen saturation (> 95%)
- Blood Glucose (4.5 – 6.0 mmol/L; this varies between trusts; check local guidance)



As part of pre-op preparation and post-operative care you will be observing the patient's vital signs. Check your knowledge with vital signs quiz:

(www.cetl.org.uk/learning/perioperative-care/player.html)

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Pre-operative preparations - Prevention of DVT



In this section you will learn how to correctly measure and fit graded compression stockings, sometimes called anti-embolism or TED stockings

Watch the video clip Measuring and fitting below knee graded compression stocking in our tutorial: (www.cetl.org.uk/learning/perioperative-care/player.html) and then in your notebook make notes of the main points such as:

Why they are used

Where to measure

How to apply the stockings, especially over the heel and toes

How they work

Theatre Reception Area or Anaesthetic Room

Watch the video Theatre reception area or anaesthetic room and than make brief notes on what the theatre nurse does.

www.cetl.org.uk/learning/perioperative-care/player.html



If you are a student in placement in the operating theatre click on link below for some guidelines to help you structure your experience. [Click here for .pdf file](#)

If you are a nursing student at City University London, these guidelines will help you achieve part of your portfolio of practice

To print a copy of these guidelines: [click here for .pdf file.](#)

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Preparation of the bed area on the ward



Once the patient has been transferred to theatre the bed area needs to be prepared for his or her return. Watch the video clip and then, in the quiz after the video, identify the equipment required.

www.cetl.org.uk/learning/perioperative-care/player.html

Collecting the patient from theatre

In video clip Collecting the patient from theatre you will see the nurse leaving the ward to collect Craig from Theatre Recovery after his operation and then escorting him back to the ward.

Watch the video and then, in your notebook, make a note of:

What equipment the nurse took with her

Why each item is needed

What the nurse needs to know about the patient in order to safely escort him back to the ward

Discuss these issues with your mentor.

www.cetl.org.uk/learning/perioperative-care/player.html



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Post-operative Observation

Watch the video clip about post-operative observations:

www.cetl.org.uk/learning/perioperative-care/player.html

make notes on:

What post-operative observations are needed

Why each observation is taken



Recommended reading

- Aitkenhead, A, Rowbotham, D and Smith, G (2001) *Textbook of Anaesthesia*. London: Churchill Livingstone.
- Brooker, C and Nicol, M (eds) (2003) *Nursing Adults: The Practice of Caring*. Edinburgh: Mosby.
- Hatfield, A and Tronson, M (2001) *The Complete Recovery Book*. (3rd ed) Oxford: Oxford University Press.
- Oshodi, T (2004) Clinical Skills: An Evidence-Based Approach to Preoperative Fasting. *British Journal of Nursing*, 13 (16) 958-962.
- Pudner, R (ed) (2005) *Nursing the Surgical Patient* (2nd ed). Bailliere Tindall: London
- Walker, L and Lamont, S (2007) Use and application of graduated elastic compression stockings. *Nursing Standard*. 21 (42) 41-45
- Wicker, P and O'Neill, J (2006) *Caring for the Peri-operative Patient*. Oxford: Blackwell Publishing
- Woodhead, K and Wicker, P (2005) *A Textbook of Peri-operative Care*. (2nd ed) London: Churchill Livingstone