

## Introduction

- Coronary Artery Disease (CAD) is preventable.
- Left Heart Catheterization is an invasive procedure used to diagnose or treat CAD (ACC, 2019).
- Bedside Nurses need a method to optimize patient education before LHC.

## Background & Significance

- CAD accounts for 17.9M deaths annually worldwide (World Health Organization, 2017).
- One American dies from heart attack every 40 seconds (ACC, 2019).
- The time spent educating a patient by practitioners impacts how patients recognize, report, or seek immediate treatment (Elhy & Elalem, 2017; Mohammed, 2016).
- Brochures provide concrete depiction about patient's health conditions and treatment plans (Alsaffar et al., 2016; Simula et al., 2019).
- The Teach-back method is used to identify knowledge gaps, clarify misconceptions, and promote treatment adherence (Hong et. al., 2019).

## Clinical Question

Will a standardized pre-procedural patient education protocol (PPEP) consisting of a brochure and a teach-back method-identify patients' knowledge gaps about CAD management and post-LHC self-care practices?

## Methodology

**Design:** A quality improvement project.

**Setting:** Northern New Jersey Hospital.

**Sample:** 15 Bedside CCL nurses

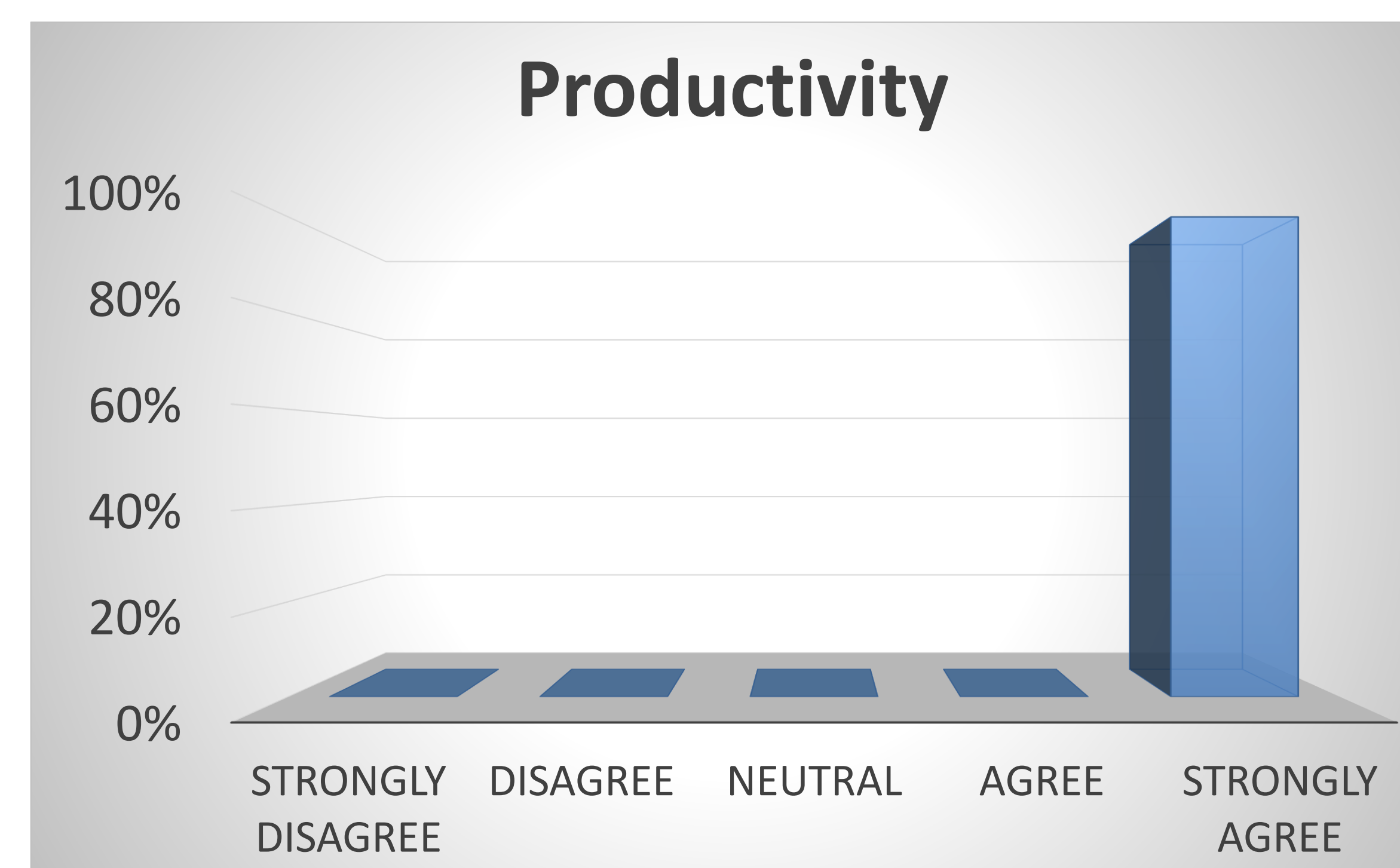
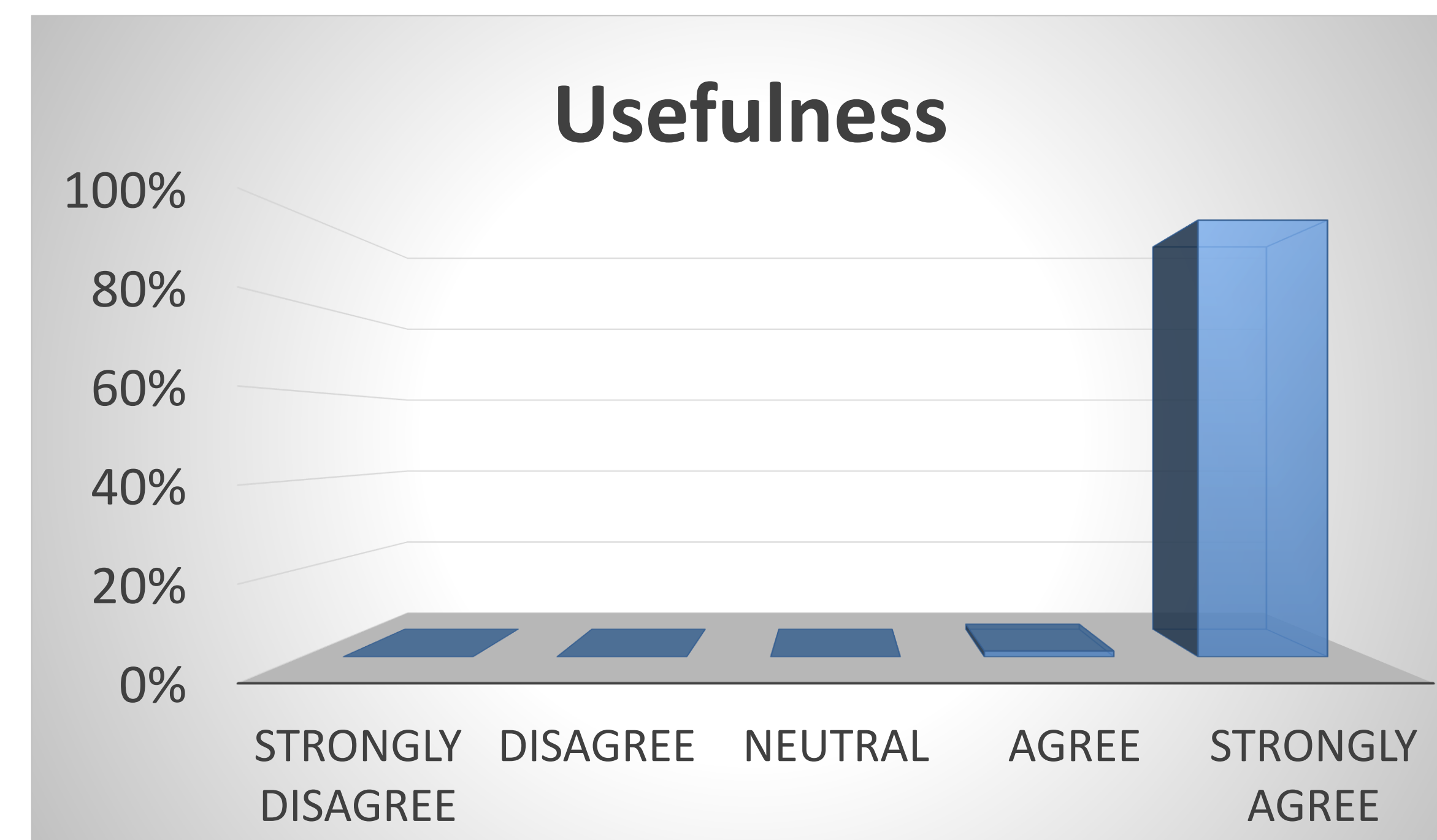
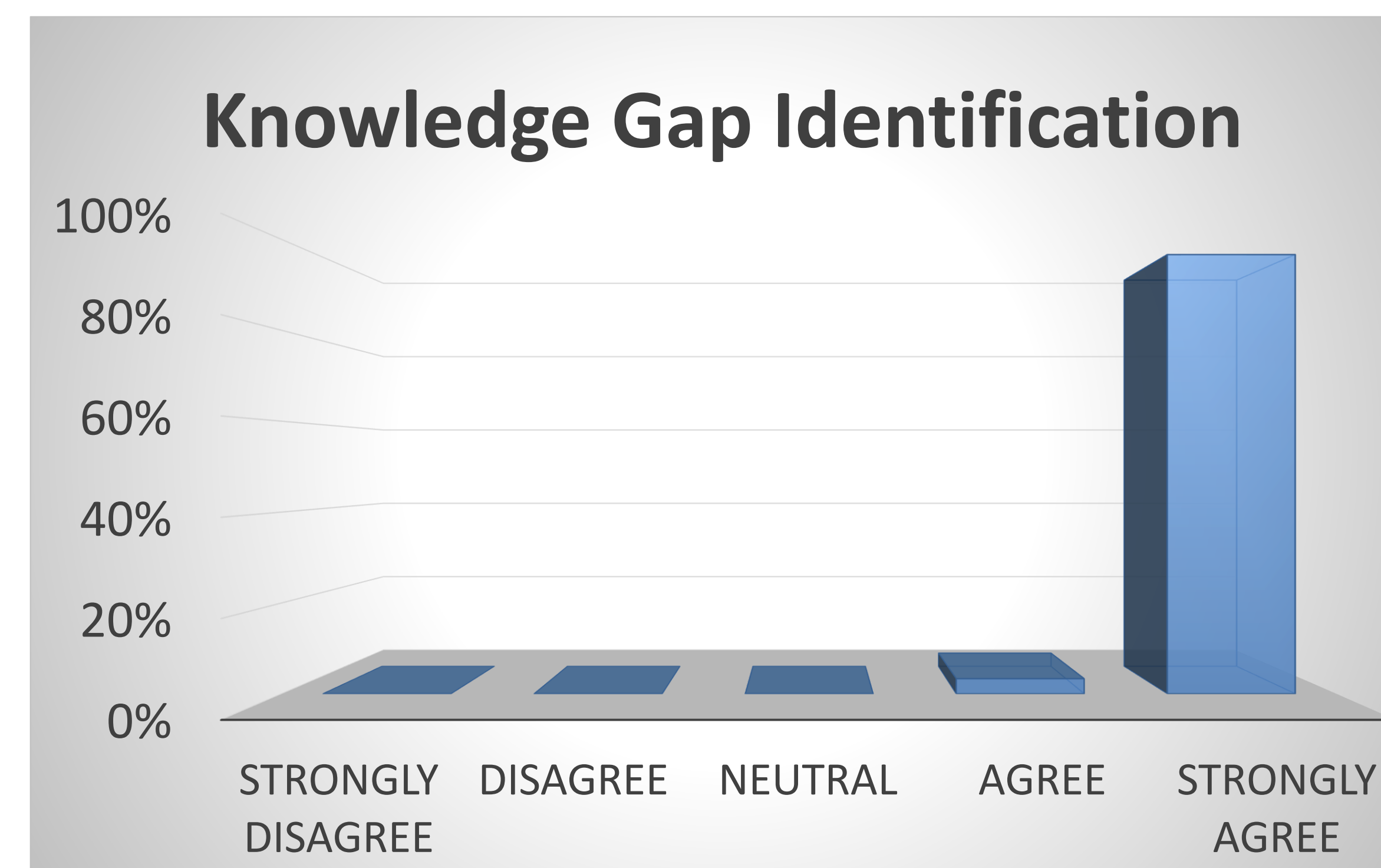
**Aim:** Expand the current LHC patient education protocol to use a brochure and teach-back.

**Intervention:** Bedside CCL nurses were oriented to use the PPEP protocol starting at the pre-procedural phase of a LHC procedure until discharge. A PPEP protocol survey was administered after the implementation period.

Microsoft Excel was used to analyze the results.

**Outcomes Measured:** Identification of patient's knowledge gaps. Nurses' perceptions of usefulness of PPEP. Impact of PPEP to nursing productivity.

## Results



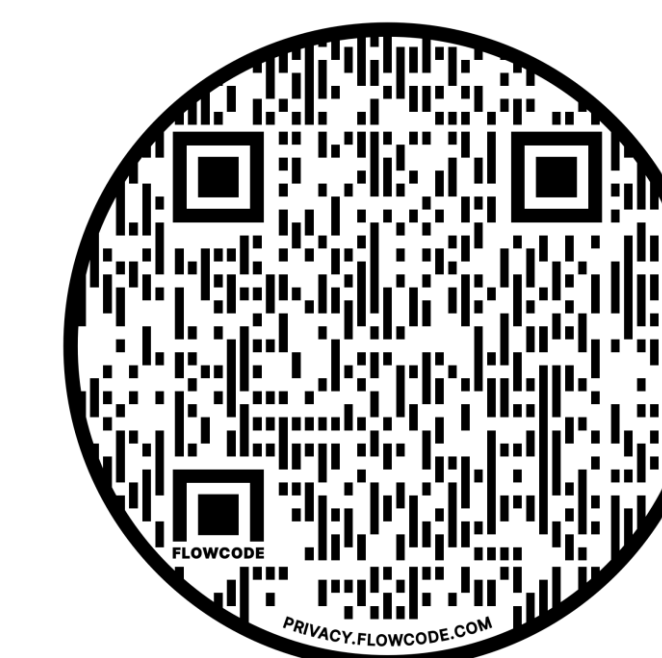
## Discussion

- The use of PPEP was curtailed because the Covid-19 pandemic limited the number of patients who underwent LHC.
- Patient education is a cost-effective way in increasing patients' awareness and decreasing national healthcare expenditure related to LHC (CDC, 2019).
- Implementation of PPEP enhances early prevention, detection, and treatment of risk factors.
- The PPEP can be applied to explain other health conditions, elective procedures, or treatment recommendations in multiple healthcare settings.

## Conclusion

Using a **Patient Education Brochure** and the **Teach-Back Method** in an elective procedure from the Pre-Procedural Phase until Discharge **Enhances** Patient Education

**References:** Attached within the QR code.



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