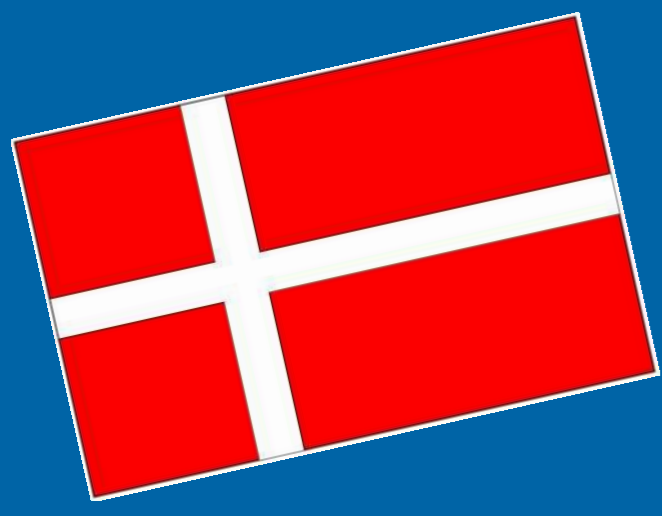


Involvement of relatives to cognitive impaired patients at the Surgical Department



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Aim

- Identify cognitively impaired patients preoperatively to ensure patients' feeling secure during a acute hospitalization.
- Involve relatives to reduce the number of patients withdrawing their consent for surgery as a consequence of anxiety and fear

Introduction

Cognitive impaired patients struggle in unfamiliar environments. Acute hospitalization is stressful for these patients and is worsened by the meeting of different departments and healthcare professionals. As a consequence, patients experience the surgery as frightening and some even withdraw their consent for surgery.

Inviting relatives to walk the patient to the operating room and stay until sedation enhance the patient feeling safe. They can support and calm the patients in stressful situations like the anesthetic procedure.

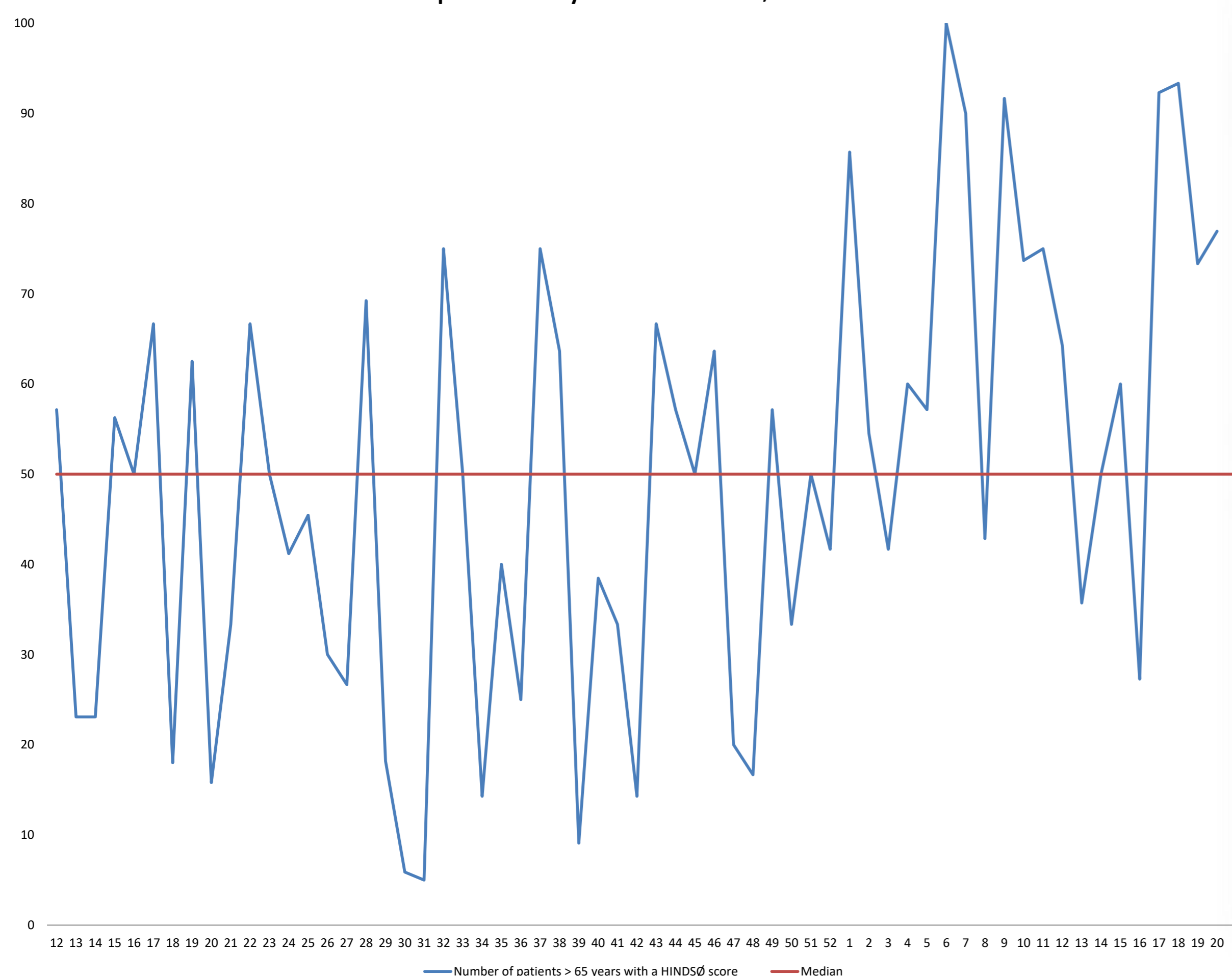
Method

- Since November 2017, patients > 65 years are measured preoperatively for their cognitive state using a validated measurement scale ('HINDSØ') and the score is documented on the Operation Management Program.
- Relatives to patients scoring low (0-6) on 'HINDSØ', were invited to follow the patient to the operating room and to meet the patient in the recovery room.
- Relatives were asked postoperatively how they experienced the situation supporting the patient.

Results

- No cognitively impaired patient has withdrawn their consent to surgery in year 2018.
- Relatives encourages a calmly atmosphere during stressful procedures like sedation and they are pleased to be able to support their relatives.
- 'HINDSØ' is a usable tool to identify cognitive impaired patients.

Number of patients >65 years with a 'Hindsø' score on Cetrea



Discussion

'HINDSØ' provides important information for organizing the surgical program less stressful for cognitive impaired patients and the information is valued at the Surgical Department. Relatives experience and appreciate greatly the possibility to assist the patients to the operating theatre and the recovery department. However, since the exact time for acute surgery often is unknown, it's difficult for relatives to plan the assistance of the patient.

Implication for practice

'HINDSØ' supports a mutual awareness of the cognitive state of the patient among healthcare professionals and contributes good nursing quality and team collaboration.