



Cardiac Surgery Clinical Pathway Guidelines

Date:

D	D	M	M	M	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y

 Time of transfer:

(24 Hour)																				

ASSESSMENT	<ul style="list-style-type: none"> Continuous cardiac monitoring (telemetry). Change electrodes q72h & PRN. Record rhythm strip on transfer to ward, q8h, with rhythm changes, or chest pain ST monitoring (Lead II, V5) with suspected ischemia BP, HR, RR, temperature on ward transfer, q2h if < 24 hours post-op, q4h x 4, then q6h CAM and neurological check q8h Pain assessment q1h & PRN Head to toe assessment on transfer, q4h until 24 hours post-op, then q8h Titrate oxygen to SpO₂ ≥ 92%. Daily SpO₂ on room air. Discontinue oxygen when SpO₂ ≥ 92% on room air 																																																																																																																																																																				
TESTS	<ul style="list-style-type: none"> Culture: blood, wounds, sputum & urine C&S if temp ≥38.5 C (CABG) or ≥38 C (valve) If on Warfarin: Daily INR Glycemic Protocol 																																																																																																																																																																				
TREATMENTS	<ul style="list-style-type: none"> Intake & Output x 3 days Weigh daily in am Graft site: wrap affected limb in tensor x 48 hours. Re-wrap q12h Change sternal & graft site dressing daily & PRN. Leave open to air if no drainage Chest tube dressing for 48 hours post chest tube removal 																																																																																																																																																																				
INTRAVENOUS	<ul style="list-style-type: none"> Reduce IV rate to keep the vein open or lock off once oral intake is adequate Check IV sites & rate q1h 																																																																																																																																																																				
ACTIVITY	<ul style="list-style-type: none"> Hygiene: self-care/assist (encourage female patients to wear bra) Activity progression: <ul style="list-style-type: none"> Day of surgery - dangle by 6 hours post-op & up in chair by 12-24 hours post-op Step 1 <ul style="list-style-type: none"> Deep breathing & supported coughing q1h while awake <i>to continue during hospital stay</i> Transfer with sternal precautions (assist as needed) <i>to continue during hospital stay</i> Range of Motion exercises - foot/ankle, hip/knee & unilateral shoulder flexion 2-3 times daily <i>to continue during hospital stay</i> Sit up in chair – 2 times & PRN Walk (assisted) 2-3 times daily Step 2 <ul style="list-style-type: none"> Sit up in chair for all meals & PRN <i>to continue during hospital stay</i> Walk in hall (assisted) 4-6 times daily Step 3 <ul style="list-style-type: none"> Walk in hall (assisted as needed) 4-6 times daily Step 4 <ul style="list-style-type: none"> Walk in hall (assisted as needed) 4-6 times daily Climb 1 flight of stairs (12 steps) with staff (assisted as needed) 																																																																																																																																																																				
PSYCHO-SOCIAL	<ul style="list-style-type: none"> Assess emotional/spiritual concerns & ability to cope with cardiac condition 																																																																																																																																																																				
REVIEW PLAN	<p>To advance to the next step, the following outcomes must be met:</p> <ul style="list-style-type: none"> Vital signs stable with SpO₂ ≥ 92% Tolerate oral intake Tolerate Step specific activities with no/minimal discomfort with mobilization Understands Step specific education while coping with his/her cardiac condition <p>Step 1 – Date <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; height: 15px;"></td><td style="width: 15px; 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Cardiac Surgery Clinical Pathway Guidelines

Cardiac Surgery Inpatient Unit - Discharge and Teaching Checklist		Date (dd/mmm/yyyy)	Initials
STEP 1	<p>Nursing:</p> <ul style="list-style-type: none"> • Ensure patient has their Patient Guide to Heart Surgery Booklet (PGHS) (if non-elective case –give patient a copy of PGHS)..... o Ask patient/family to read page 12 • Confirm family physician & ensure s/he is added as Primary Care Provider..... • Receiving homecare pre-op <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, send consult • Identify concerns/needs post discharge: Consult <input type="checkbox"/> Home Care <input type="checkbox"/> Occupational Therapy <input type="checkbox"/> Social Work 		
STEP 2	<p>Nursing:</p> <ul style="list-style-type: none"> • Discuss target discharge date with patient/family..... • Reinforce what to expect after surgery (PGHS pages 13-15)..... <p>Physiotherapy</p> <ul style="list-style-type: none"> • Review care of breast bone (PGHS page 19)..... • Review transfers using sternal precautions (PGHS page 14)..... • Complete Cardiac Rehabilitation referral form and choose site <input type="checkbox"/> Wellness Institute <input type="checkbox"/> Reh-Fit <input type="checkbox"/> Thunder Bay <input type="checkbox"/> Brandon <input type="checkbox"/> The Pas o If not referred, why? _____ <p>Clinical Nutrition (choose one of the following)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review nutritional guidelines (PGHS pages 32-38) OR <input type="checkbox"/> Referred to out-patient cardiac nutrition class 		
STEP 3	<p>Nursing:</p> <ul style="list-style-type: none"> • Reinforce target discharge date with patient/family..... • View “Your heart, your health-a guide to heart surgery” DVD • Complete Coping with a Cardiac Event Checklist with patient o If patient exhibits acute mental distress, follow up with physician/delegate to initiate an inpatient psychiatry consult <p>Physiotherapy</p> <ul style="list-style-type: none"> • Review resuming activity: driving, back to work, sexual activity (PGHS pages 20-21) • Review Home Exercise Program (PGHS pages 28-29) • Review appropriate activity level for home..... 		
STEP 4	<p>Nursing/Pharmacy:</p> <ul style="list-style-type: none"> • Review medications, reasons for each medication, potential side effects, administration times, handling of missed doses (PGHS pages 23-25) <input type="checkbox"/> Discharge prescription given to patient <p>Warfarin Teaching required: <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <ul style="list-style-type: none"> • On Warfarin pre-op <input type="checkbox"/> Yes <input type="checkbox"/> No • Follow up by <input type="checkbox"/> Post-Op Cardiac Surgery Clinic <input type="checkbox"/> Family physician • Reviewed Warfarin teaching package & viewed Warfarin teaching video <p>Nursing</p> <ul style="list-style-type: none"> • Review the “Just the Facts” sheet and follow up appointment on the Discharge Summary Note..... • IV discontinued at _____ • Telemetry discontinued at _____ • Discharged at _____ hours, accompanied by _____ 		