

# Preparedness for Surgery

## Analyzing a quality improvement project in a population of patients undergoing hepato-pancreatico-biliary surgery

Kelly O'Connor, BSN, RN-BC, CCCTM, Diane La Bruno, MSN, RN, ACNS-BC, CCCTM, Jamie Rudderow, BSN, RN, CCCTM, Shawna Cannaday, MSN, AGACNP, FNP-BC, Charles J. Yeo, MD, FACS, and Theresa P. Yeo, PhD, MPH, ACNP-BC, AOCNP®

**BACKGROUND:** Approximately 20% of patients diagnosed with pancreatic cancer will be eligible for hepato-pancreatico-biliary (HPB) surgery. Studies indicate that high-quality patient education is pivotal in reducing anxiety, improving clinical and performance outcomes, and increasing patient satisfaction.

**OBJECTIVES:** This quality improvement project sought to determine the perceived level of preparedness for patients undergoing HPB surgery and to identify information and knowledge gaps in preoperative education.

**METHODS:** Convenience sampling was used to collect postoperative information via questionnaire from 50 patients regarding areas of importance.

**FINDINGS:** Preoperative information gaps for patient and family education were identified. Improving preparedness for HPB surgery has the potential to improve clinical outcomes, increase quality and patient satisfaction, decrease length of stay, and reduce time to adjuvant therapy.

### KEYWORDS

hepato-pancreato-biliary; pancreas; preoperative teaching; communication

### DIGITAL OBJECT IDENTIFIER

10.1188/20.CJON.E65-E70

**ABOUT 57,600 INDIVIDUALS WILL BE DIAGNOSED** with pancreatic cancer in 2020 (American Cancer Society [ACS], 2020). Another 11,980 will have gallbladder cancer or another biliary cancer (ACS, 2020). About 20% of these individuals will be eligible for potentially curative resectional hepato-pancreatico-biliary (HPB) surgery, because the majority of patients will have nonoperable, locally advanced disease or metastatic cancer at the time of diagnosis (Pucci et al., 2017; Raigani et al., 2014). Those with premalignant pancreatic lesions and benign conditions are also eligible for HPB surgery.

Studies indicate that high-quality patient education is pivotal for preoperative surgical candidates to reduce anxiety, improve clinical and performance outcomes, and increase patient satisfaction (Eller et al., 2018; Mesters et al., 2001). Studies have identified a relationship between anxiety, psychological stress, and surgery (Berg et al., 2006; Mitchell, 2003; Sjöling et al., 2003). Patients with HPB cancers and premalignant HPB disease experience considerable worry and anxiety (Barnes et al., 2018; Beesley et al., 2016). Patients with cancer desire health information, and their healthcare providers are their most trusted source of information (Papadakos et al., 2014; Shea-Budgell et al., 2014).

To support the quality improvement project, PubMed®, CINAHL®, and OVID® databases were queried from September 1 to October 30, 2019, for articles published between 2014–2019, using the following search terms: *pancreas surgery*, *preoperative education*, *perceived preparedness*, *performance outcomes*, and *patient satisfaction*. The studies selected from this review of the literature evaluated the level of patient preparedness for surgery, the type of information offered to patients preoperatively, and the most effective presentation.

Based on the literature review, a knowledge gap exists concerning the educational needs of patients undergoing HPB surgery. Eller et al. (2018) reported on the Preoperative Learning and Readiness in Surgery program, which is a one-hour, patient-centered instructional class for individuals scheduled to have a pancreaticoduodenectomy. Eighty-two percent of patients who attended the class felt prepared for surgery compared to 77% of patients who did not attend the class. Three other studies investigating