

Pre-op visit	POD 0	POD 1	POD 2	POD 3/4
<p><b>Clinic</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Information regarding diagnosis, treatment</li> <li><input type="checkbox"/> Pre-admission package completion incl. consent to surgery &amp; pre. op orders</li> <li><input type="checkbox"/> Bowel preparation if required</li> <li><input type="checkbox"/> Length of stay</li> <li><input type="checkbox"/> Smoking cessation</li> <li><input type="checkbox"/> Patient education/counseling: "My Surgery Binder", ERAS booklet/letter, "Going Home After Surgery" guide, PEP (Patient Education Passport)</li> <li><input type="checkbox"/> Ostomy clinic appointment if required</li> <li><input type="checkbox"/> Initiate communication/Email: MRN, Patient Initials/Registration, E-form, OR List, Pre-ad &amp; OR date</li> </ul> <p><b>Preadmission visit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diagnostic Tests: CBC; Electrolytes Creatinine, Blood Glucose, ECG, Chest X-ray &amp; etc.</li> <li><input type="checkbox"/> Solid food until 12 midnight (Clear fluids day before surgery with bowel preparation)</li> <li><input type="checkbox"/> High carbohydrate clear fluids up to 2 hr. before surgery</li> <li><input type="checkbox"/> Pain management (EPCA; PCA; IV Lidocaine; oral medications)</li> <li><input type="checkbox"/> Daily activities, Gum, Patient controlled diet, My Activity Log</li> </ul>	<p><b>OR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> POCU-admission assessment preop analgesia</li> <li><input type="checkbox"/> Gabapentin 300 mg PO 1 h preop</li> <li><input type="checkbox"/> Celecoxib 400 mg PO 1 h preop</li> <li><input type="checkbox"/> Other</li> </ul> <p>DVT Prophylaxis:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heparin 5000 units sc</li> <li><input type="checkbox"/> Other</li> </ul> <p><b>Antibiotics Prophylaxis</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Follow the ERAS protocol in OR and PACU</li> </ul> <p><b>Inpatient Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain assessment</li> <li><input type="checkbox"/> Deep breathing and leg exercises for 10-15 min</li> <li><input type="checkbox"/> Assist to sit at the side of the bed and dangle their legs for 10-15 and start leg exercises</li> <li><input type="checkbox"/> Ambulate within 2-4 hr. upon arrival to the unit</li> <li><input type="checkbox"/> Sips of clear fluids</li> <li><input type="checkbox"/> Assist patient to fill out "My Activity Log"</li> </ul>	<p><b>Inpatient Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain management / APS</li> <li><input type="checkbox"/> Pain assessment score</li> <li><input type="checkbox"/> Deep breathing and coughing exercises every hour when patient is awake</li> <li><input type="checkbox"/> Sit up in a chair for all meals and during other times</li> <li><input type="checkbox"/> Early assisted ambulation in the room or hallway</li> <li><input type="checkbox"/> Independently ambulation in the room and /or in the hallway towards the later part of the day</li> <li><input type="checkbox"/> Patient Controlled Diet (PCD)</li> <li><input type="checkbox"/> Chew gum 1 stick for 5 minutes TID</li> <li><input type="checkbox"/> D/C Foley catheter for colon resection unless otherwise indicated</li> <li><input type="checkbox"/> Remind and assist patient to fill out "My Activity Log"</li> </ul>	<p><b>Inpatient Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain management / APS</li> <li><input type="checkbox"/> Pain assessment score</li> <li><input type="checkbox"/> Deep breathing and coughing exercises every hour when patient is awake</li> <li><input type="checkbox"/> Sit up in a chair for all meals and during other times</li> <li><input type="checkbox"/> Independently/assisted ambulation in the room and /or in the hallway</li> <li><input type="checkbox"/> Patient Controlled Diet (PCD)</li> <li><input type="checkbox"/> Chew gum 1 stick for 5 minutes TID</li> <li><input type="checkbox"/> Remind and assist patient to fill out "My Activity Log"</li> <li><input type="checkbox"/> Plan to discharge home tomorrow (except LAR and patients with ostomy)_unless otherwise indicated</li> <li><input type="checkbox"/> Review the written discharge instructions with nurse navigator</li> <li><input type="checkbox"/> Provide D/C, scripts summary to patient and GP</li> </ul>	<p><b>Inpatient Unit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain management / APS</li> <li><input type="checkbox"/> Pain assessment score</li> <li><input type="checkbox"/> Deep breathing and coughing exercises every hour when patient is awake</li> <li><input type="checkbox"/> Sit up in a chair for all meals and during other times</li> <li><input type="checkbox"/> Independently ambulation in the room and /or in the hallway</li> <li><input type="checkbox"/> Patient Controlled Diet (PCD)</li> <li><input type="checkbox"/> Chew gum 1 stick for 5 minutes TID</li> <li><input type="checkbox"/> Remind and assist patient to fill out "My Activity Log"</li> <li><input type="checkbox"/> Plan to discharge home LAR patients on 4<sup>th</sup> day unless otherwise indicated</li> <li><input type="checkbox"/> Review the written discharge instructions with nurse navigator</li> <li><input type="checkbox"/> Provide D/C, scripts summary to patient and GP</li> </ul>

# Ostomy Patient Education Care Guide

Pre-op visit	POD 0 – post OR on unit	POD 1	POD 2	POD 3	POD 4
<ul style="list-style-type: none"> <li><input type="checkbox"/> ET RN to see all patients (include +/-)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to patient about ostomy               <ul style="list-style-type: none"> <li><input type="checkbox"/> Type</li> <li><input type="checkbox"/> Involvement in care: family, cultural beliefs</li> <li><input type="checkbox"/> Expectations of patient involvement</li> </ul> </li> <li><input type="checkbox"/> Have patient look at appliance               <ul style="list-style-type: none"> <li><input type="checkbox"/> Describe it</li> <li><input type="checkbox"/> Review characteristics of stoma and function (i.e. Normal expectations: gas, mucus discharge, edema)</li> <li><input type="checkbox"/> Involve family</li> </ul> </li> <li><input type="checkbox"/> Open discussion with patient regarding ostomy               <ul style="list-style-type: none"> <li><input type="checkbox"/> Answer patient questions</li> </ul> </li> <li><input type="checkbox"/> Alert ET RN patient is on unit</li> <li><input type="checkbox"/> Notify Dietician if patient has an ileostomy</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review stoma characteristics</li> <li><input type="checkbox"/> Demonstrate with a clean empty pouch how to open/close &amp; connect appliance               <ul style="list-style-type: none"> <li><input type="checkbox"/> Patient perform return demo</li> <li><input type="checkbox"/> RN to assess patient dexterity when performing return demo</li> </ul> </li> <li><input type="checkbox"/> Give patient clean, empty pouch to practice open/close, swivel &amp; connect appliance</li> <li><input type="checkbox"/> RN perform pouch change               <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk patient through procedure</li> <li><input type="checkbox"/> Show patient how to measure stoma (educate re: edema)</li> <li><input type="checkbox"/> Demonstrate how to release gas</li> <li><input type="checkbox"/> Educate on proper peri-stoma skin care (no cavilon or babay wipes; shaving if necessary)</li> </ul> </li> <li><input type="checkbox"/> Open discussion with patient regarding ostomy</li> <li><input type="checkbox"/> Answer patient questions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review stoma characteristics</li> <li><input type="checkbox"/> Review open/close, swivel &amp; connect appliance</li> <li><input type="checkbox"/> Have patient perform pouch emptying and rinsing in washroom</li> <li><input type="checkbox"/> If gas present have patient demonstrate how to release gas</li> <li><input type="checkbox"/> Answer patient &amp; family/caregiver questions</li> <li><input type="checkbox"/> If Patient had a rod speak to surgeon re: when rod will be removed and communicate with team</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review stoma characteristics, what to expect when going home               <ul style="list-style-type: none"> <li><input type="checkbox"/> What is normal</li> <li><input type="checkbox"/> When and how to seek medical attention</li> </ul> </li> <li><input type="checkbox"/> Have patient demonstrate:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Pouch change, &amp; connect appliance</li> <li><input type="checkbox"/> Emptying and rinsing</li> <li><input type="checkbox"/> Release gas</li> </ul> </li> <li><input type="checkbox"/> ET RN to see for in-depth education and troubleshooting</li> <li><input type="checkbox"/> RN Navigator to see</li> <li><input type="checkbox"/> Ensure patient has supplies to take home</li> <li><input type="checkbox"/> Discharge kit provided to patient</li> <li><input type="checkbox"/> Answer patient &amp; family/caregiver questions</li> </ul> <p><b><u>Day before D/C</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Alert ET RN of plan to D/C</li> <li><input type="checkbox"/> Ensure CCAC forms filled out</li> <li><input type="checkbox"/> Alert CCAC</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review stoma characteristics</li> <li><input type="checkbox"/> Review when to seek medical attention</li> <li><input type="checkbox"/> Answer patient &amp; family/caregiver questions</li> <li><input type="checkbox"/> Ensure patient takes supplies with them</li> <li><input type="checkbox"/> Provide patient with Stoma Clinic contact information</li> </ul> <p><b><u>Going home:</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> D/C once seen by CCAC</li> </ul>

\* Use this pathway for patients who DO NOT have a Rod in place

\* Involve patient family/caregiver throughout entire pathway