

AGREEING THE CARE PLAN WITH THE PATIENT

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Wood End Team - Showcase Team
for coventry
for NHS Institute for
Innovation and Improvement
on: Productive Community Services
Releasing time to care

Module:- Agreeing the Care Plan with the Patient





Working together to
make a difference

Standard Care Procedure

- Reliability Audit Sheet on catheterisation documentation was carried out on 10 patients with catheters
- Best practice guidance and clinical procedure was reviewed and discussed
- Differences were highlighted and documented



Agreeing the Care Plan with the Patient (ACPWTP)

- Patients asked their expectation from service
- Patients asked their understanding of their involvement in planning care
- Personal goals were developed and introduced



ACPWTP Golden Rules

- Individual and personalised goals
- Understand patients knowledge and care expectations
- Write smart goals that were focused and achievable
- Devised smart actions for patient to achieve goals
- Mutually agreed with patient on how to achieve goals
- Patient if possible to take ownership and responsibility for meeting their care needs
- Review goals and actions regularly and if required make changes
- Patient to be involved in planning their care at all times



Case chosen for Module

- Male
- Aged 83 years
- Long term indwelling suprapubic catheter
- History of Repeated Problems with Catheter



Catheter History

- July 2006 – October 2008 - 12 weekly change
- November 2008 – blocked catheter
 - Regular maintenance solutions every 3-4 days by nurses
 - Patient taught to administer maintenance solution
- 2009 - 19 catheter changes
- 2010 - 16 catheter changes



Individualised Personal Goals Discussed

- What was the patients goal:
 - Catheter drained freely and no blockages with longest change pattern achievable
- What was seen as areas of concern:
 - Insufficient fluid intake
 - Inappropriate taking of medicine
 - Reduced mobility
 - Lack of fibre in diet
 - Incorrect changing of bags



Patient and Nurse agreed following:

- Fluid intake = 6 drinks a day
- Discuss and review times of medication and ensure patient could do this and could take appropriately
- Discuss how much exercise was feasible and how this could be achieved



- Increase fibre in diet and encourage 5 fruit and veg a day
- Education on correct changing and positioning of bags
- Patient to agree and sign the above



A personalised goal and action plan was drawn up with the above listed and marked by days of the week.

Therefore if patient had 6 drinks he would put 6 ticks etc in the correct day



Current situation

- Patient gives own weekly maintenance solution
- From September 2010 to October 2011 only had 4 catheter changes = 12 weekly



Conclusion

Reduced catheter change - thereby:-

“improved quality of life for patient”

“given patient back some of the care, so increasing independence”

At the same time

Reduced cost of equipment used was £825.84 now
£462.00 – saving £363.84

Reduced cost of nursing time

Was £507.00 now £39.00 - saving £468.00



Summarize

By using personal, individual goals we have improved the patients perspective on their care and improved their quality of life

