The effect of an early discharge protocol program after CABG

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Purpose: The purpose of this study was to identify the effect of an early discharge protocol after coronary artery bypass graft surgery in Korea.

Methods: The sample for this study consisted of 29 patients in an early discharge protocol (EDP) group and 31 patients in a conventional discharge protocol (CDP) group. The EDP group, led by the APNs, was formed to conduct a randomized controlled trial. A power analysis was performed using the outcome variable of hospital LOS.

Results: Statistical analysis revealed that the EDP had discharged patients after an average of 6.87 days, which was 2.39 days shorter than with the CDP. The safety of the EDP was evaluated by examining wound infection and postoperative complication in outpatient clinic. And other indicators were any emergency room visits and readmission by reviewing medical records in outpatient clinic. Although there were differences in the indicators between the EDP and CDP groups, the differences were not statistically significant, indicating that patient safety was maintained equally in the two groups.

Conclusion: The results of the study revealed that an EDP program can be successfully implemented to guide best practice, reduce LOS, and reduce costs while maintaining patient safety outcomes in patients undergoing CABG surgery in Korea.

Biography

Insil Jang has worked as a staff RN and Clinical Nurse Specialist of Cardiovascular Surgery part for 13 years in Asian Medical Center. She has received a PhD and became an Assistant Professor at Department of Nursing in University of Ulsan. She has done specialty is Adult Health Nursing. Her research interests are cardiovascular patient care, clinical nurse specialists and nursing management. She has already published several papers.

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