



Journey to Home Board: An Evidence-Based Practice Project



Jennifer Tapia RN & Laura Martinez RN

PURPOSE

- To improve quality patient care, parent involvement in the discharge process, and bridge the gaps in communication through the creation of a visual aid for parents that works in conjunction with nurse discharge bedside checklist
- To provide parents with discharge information when appropriate in an easy-to-understand format in the form of a NICU nurse created Journey-to-Home "Game Board" to be placed visibly at the bedside

BACKGROUND

- Improving the discharge process improves discharge readiness and discharge preparation
- Parents who are prepared and ready to transition from the NICU to home are more likely to possess the emotional and technical skills to care for their infants
- Achieving discharge readiness through a standardized improved discharge process that prepares parents for discharge will improve outcomes for parents and their infants
- To keep parents and nurses on track, a checklist in the form of the Journey to Home Board was created to help parents and their infants' nurses be accountable and proactive in completing parent education and discharge tasks.
- Research supports the use of checklists to help prepare parents and nurses for discharge

CURRENT STATE

- Lack of standardized discharge process in NICU leading to discharge delays and incomplete family education.
- Discrepancies over when discharge information needs to be relayed to parents over the course of patient hospital stay
- Parents are unsure of where their baby is in the discharge process
- Lack of a standardized discharge process in the NICU has led to discharge tasks and educational items being missed or addressed on the last day of the NICU stay resulting in discharge delays and dissatisfied parents
- Transition of care of an infant from the NICU to home that can be a complex and stressful process for parents
- Lack of parental discharge knowledge assessment leading to decrease in discharge preparation and readiness

IMPLEMENTATION

- Posted at bedside for parents/caregivers to see
- Helps parents to be proactive and prepared for discharge
- Helps nurses to know what education and tasks needed for discharge readiness
- Parents and/or Nurses to check off items and fill in dates as discharge tasks/education are completed

Journey To Home Board



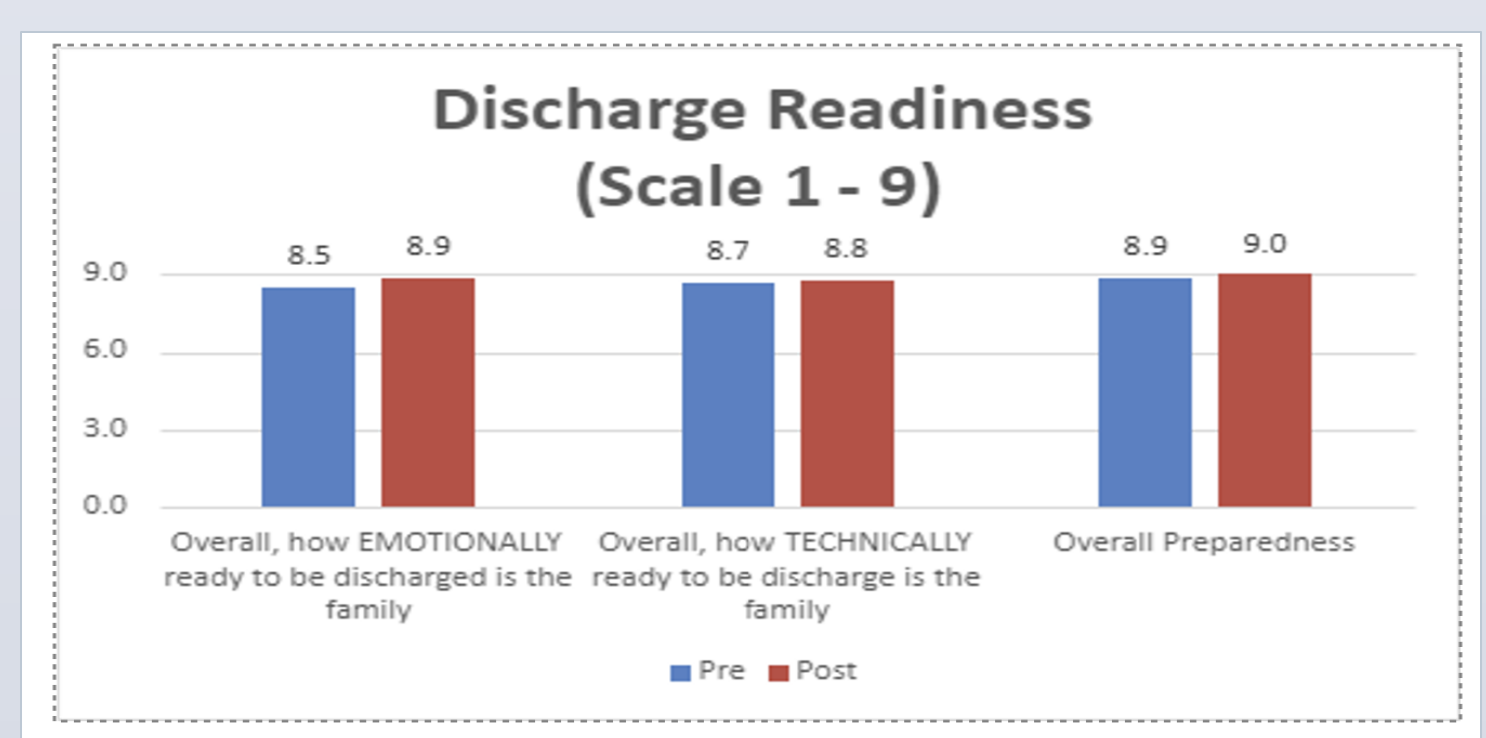
IMPLICATIONS FOR PRACTICE

- Future adaptation of Journey to Home Board in other NICUs for their units' specific discharge requirements and education
- Creation of a Spanish version of the Journey to Home Board for Spanish-speaking parent population
- Barrier and limitations were:
 - Other competing projects and initiatives
 - Placement of board
 - Remembering to place the board at baby's bedside

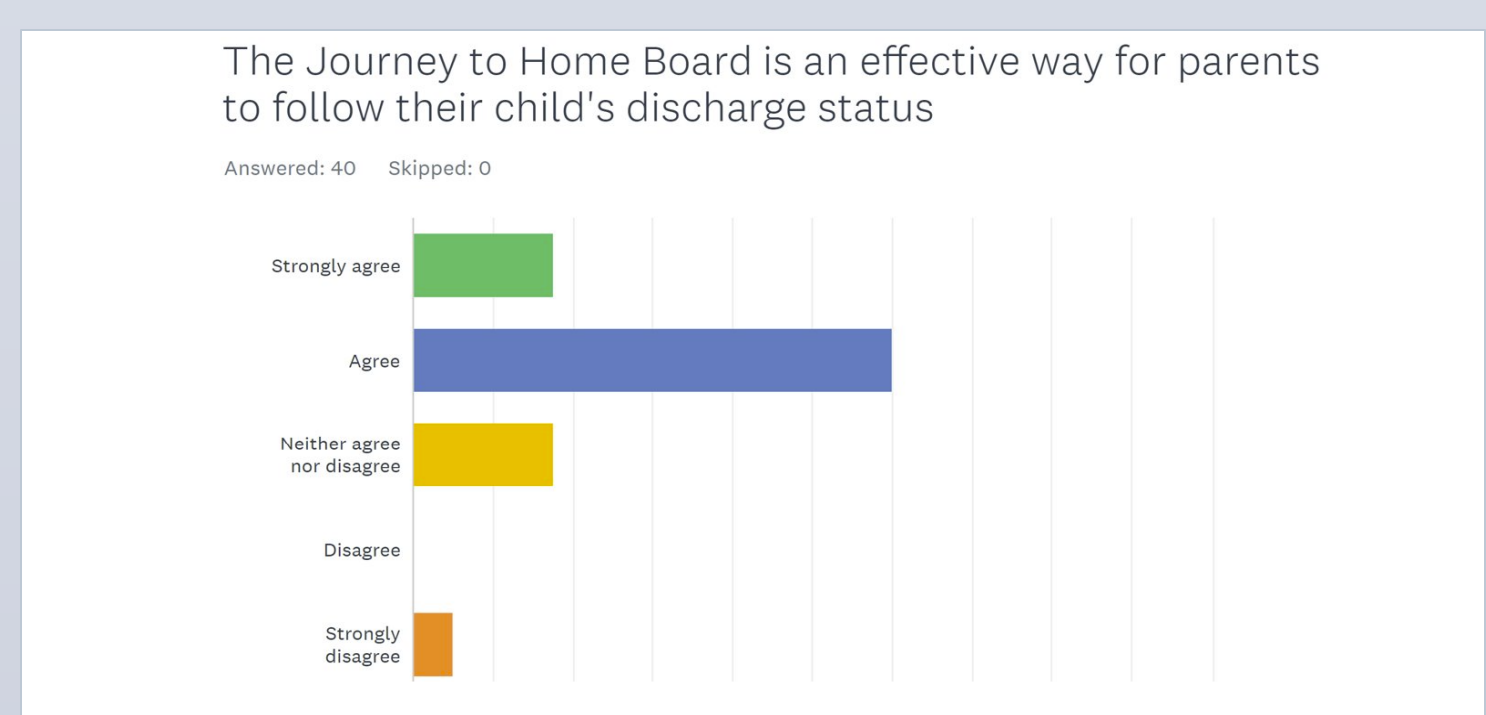
CONCLUSIONS

- Overall, most nurses found implementation of the Journey to Home Board beneficial to parents, an effective way for parents to follow their discharge status, and easy to understand.
- In the future, nurses need more education on promoting use of the Journey to Home Board to parents and how to involve parents in filling out the board

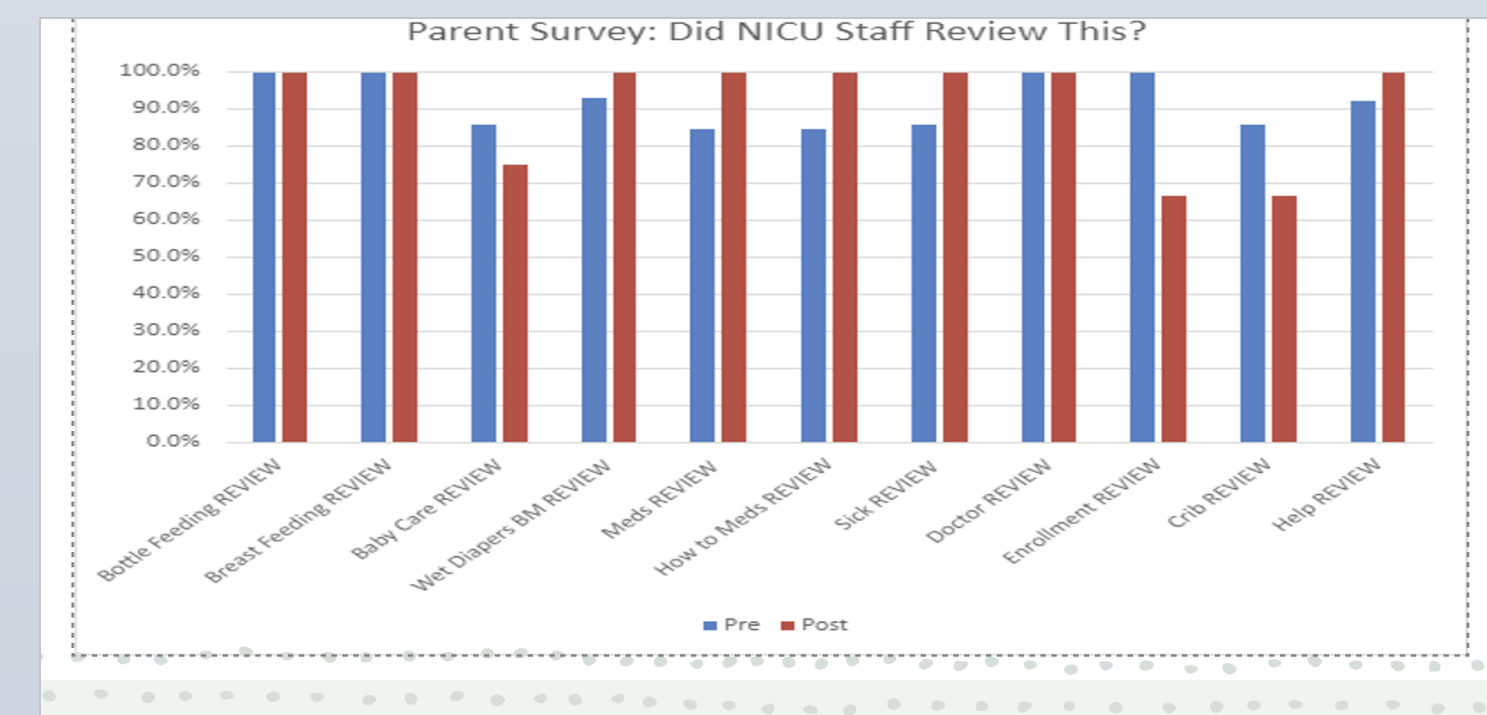
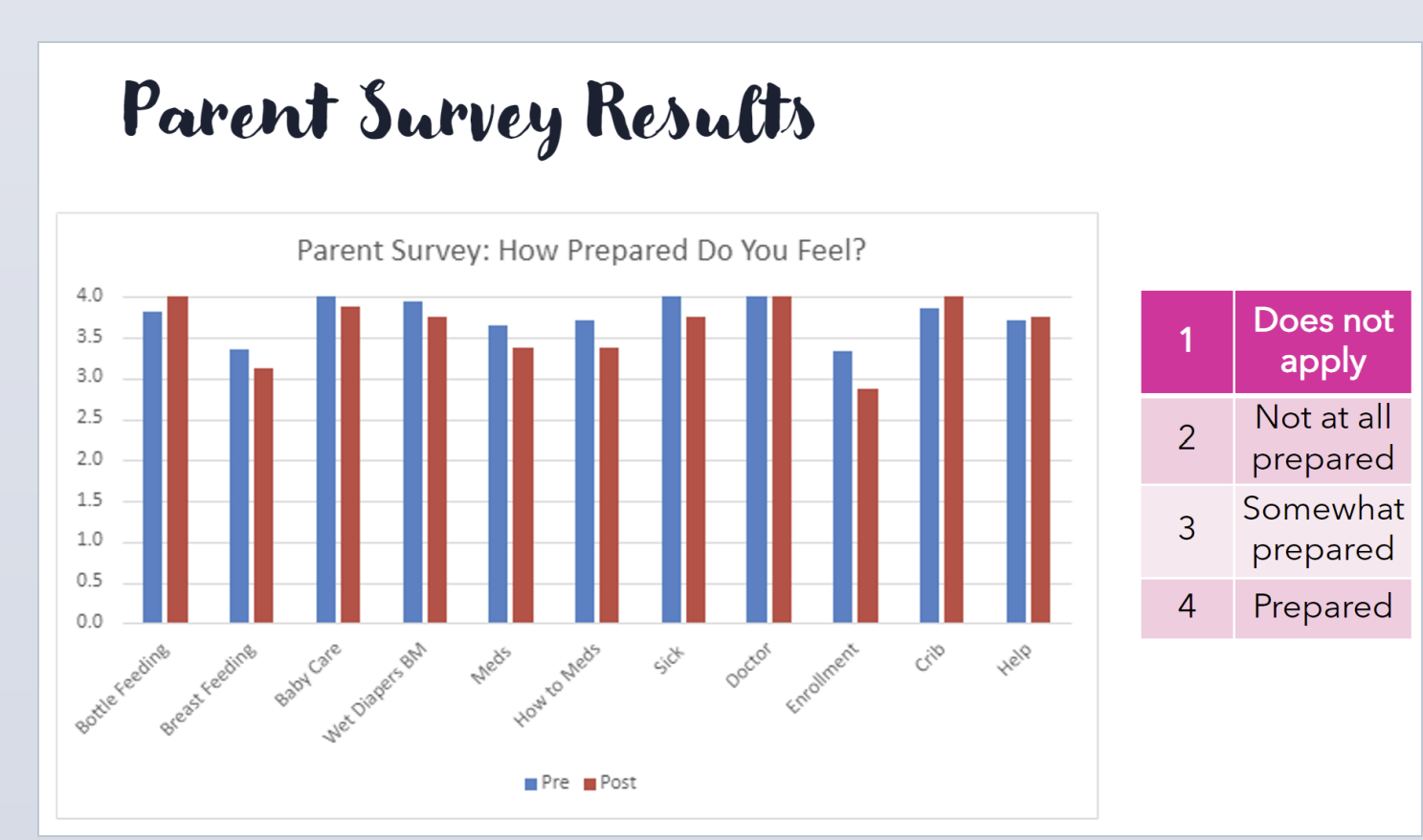
OUTCOMES



Nurse Survey Results



NICU Nurse Opinion Survey Results



Parent Survey Results

*Nurse and parent assessments of discharge readiness surveys used with permission from Beth Israel Deaconess Medical Center

ACKNOWLEDGEMENTS

Special thanks to Cindy Sessler, RNC, MSN, CNS NICU

For references, please scan the QR code

For questions or comments please contact Jltapia@llu.edu

