

**Standard 4.7 Studies of Quality 2016**

**Measure compliance to documentation on pt. education of GYN pts. after RT treatment on the use of dilators in the prevention of long term effects**

**Department(s): Radiation Oncology Department**

**Date: Jan-Oct 2016**

<b>Rationale - Reason for monitoring this process/procedure</b>	Pelvic radiation and intracavitary radiation, also known as brachytherapy, are used to treat gynecological cancers. Radiation to a woman's pelvis can cause long term changes to the vagina and uterus. Common long term symptoms are vaginal dryness and atrophy, which can cause pain, bleeding, and painful intercourse. A later side effect is scarring in the vaginal vault which may cause the size of the vagina to decrease and difficulties in assessing the vaginal area during follow up with the physician. Educating and instructing the patients on the usage of dilators for prevention and symptom management is very important after their pelvic RT and/or brachytherapy. Written documentation shows evidence that the medical staff is compliant in educating our patients on prevention and symptom management. The nursing staff recorded their data to measure the compliance with educating the GYN pts., at first follow up, on their usage of dilators based on the ONS 4 <sup>th</sup> Ed. Manual for Radiation Oncology Nursing Practice and Education guidelines, which is used to help prevent and minimize the extent of the long term side effects after pelvic and/or brachytherapy radiation. The nurses also assessed the pts performance status and orientation that can influence education feedback to pt.
<b>Plan</b>	
<b>Opportunity or Problem Statement - Define process being monitored</b>	The nursing staff in the Radiation department recorded all the GYN patients receiving pelvic radiation and/or brachytherapy and also checked if there was documentation of nursing education on the use of dilators to help prevent long term side effects due to radiation therapy (RT). The ONS 4 <sup>th</sup> Ed. Manual for Radiation Oncology Nursing Practice and Education guidelines was utilized by the nursing staff after treatment.
<b>Plan</b>	Monitoring the documentation of the nursing education and instructions after pts. have had pelvis RT/or brachytherapy will give us a measure on compliance of educating our RT GYN pts. to help prevent long term side effects after treatment and help increase quality of life.  Record the numbers of GYN pts who are receiving pelvis and brachytherapy from the day of consultation to first follow- up. After first follow up, record if there is documentation of education on the short term and long terms side effects of RT as well as instructions given to pts on the use of dilators to prevent scarring and to increase elasticity in the vaginal vault. Measure indicator (Nursing Practice): ONS 4 <sup>th</sup> Ed. Manual for Radiation Oncology Nursing Practice and Education guidelines: Documentation to pts on: <ul style="list-style-type: none"><li>• Vaginal dilators or sexual activity</li><li>• Frequency</li><li>• Education on prevention/symptom management- Dilators help minimize vaginal stenosis and elasticity which helps prevent scarring that can interfere with important surveillance via vaginal examination</li></ul>
<b>Before Measures-Analyze Baseline</b>	All GYN cancer patients were recorded from Jan 2016-Oct 2016 to measure if all GYN cancer pts received education and prevention information after therapy. We collected this data based on nursing documentation on educating pts on symptom management and prevention after RT.
<b>Plan</b>	Jan 2016-Mar 2016: Total #: 21 pts (seen on first follow up) <ul style="list-style-type: none"><li>• All 21 pts performance range: ECOG 0-1, alert and oriented x4</li></ul> May 2016-Oct 2016: Total #: 10 pts (seen on first follow up) <ul style="list-style-type: none"><li>• All 10 pts performance range: ECOG 0-1, alert and oriented x4</li></ul>
<b>Opportunities for Improvement Identified &amp; Change Implemented</b>	The results showed that improvements are needed in documenting the nursing education regarding the benefits and usage of dilators for prevention and symptom management and on the side effects of RT treatment. The nurses state that they always give verbal instructions and education to the pts on the use and the importance of dilators but forget to document in MOSAIQ. The nurses also identified that providing written instructions on dilators would benefit the pts as a reference.
<b>Do</b>	The nurses will continue: <ul style="list-style-type: none"><li>• To monitor the documentation on educating GYN cancer pts. on dilators.</li><li>• Create an education checklist that covers all information on instruction and education on</li></ul>

	<p>dilators for GYN cancer pts. in order to be 100% compliant with nursing documentation</p> <ul style="list-style-type: none"> <li>• Create a written education/instruction on the usage of dilators and the importance of compliance to give to pts</li> </ul>
<p><b><i>After Measures - Evaluate Results</i></b></p> <p><b>Check</b></p>	<p>Jan 2016-Mar 2016: Total #: 21 pts (seen on first follow up)</p> <ul style="list-style-type: none"> <li>• 9 pts. showed no written documentation on education</li> <li>• 12 pts. showed written documentation on the education of dilators</li> </ul> <p>May 2016-Oct 2016: Total #: 10 pts (seen on first follow up)</p> <ul style="list-style-type: none"> <li>• 2 pts. out of the 10 pts. showed no nursing documentation after treatment</li> </ul>
<p><b><i>Assessment of Action Taken &amp; Future Plan</i></b></p> <p><b>Act/Plan</b></p>	<p>Based on the data, the Radiation Oncology nursing staff has created a comprehensive education checklist that includes nursing instructions for pts. in order to show compliance on education to GYN. pts. on the use of dilators after brachytherapy and pelvis RT.</p> <p>Will present as Standard 4.8 in 2017 to Cancer committee and continue to monitor the process.</p>