

PREDOCS Program (prevention decline in older cardiac surgery patients)

Structured consult by the nurse, two to four weeks before the hospital admission

Part 1: General information, for all patients

- Provide the general information. To enhance self-management, the information is delivered on three levels: **1)** The procedure itself; **2)** The patient's expected experiences, and **3)** What the patient can and must do.
- Inform the patient about the importance of good nutrition. In case of unintentional weight loss, refer the patient to a dietician.
- Identify and help to arrange the presence of social support in the postoperative period during hospitalization.
- Discuss the existence and importance of adequate pain management, and make the patient aware of the fact that adequate pain management is vital for recovery.

Part 2: Screening for an increased risk on experiencing postoperative delirium, depression, pressure ulcer or infection

- Screen each patient, using the screening scorecards

No increased risk
No additional
preventive measures

Part 3: Preadmission preventive measures for patients with an increased risk postoperative delirium, depression, pressure ulcer or infection

Delirium

- Inform patients and family about early symptoms
- Ensure the presence of favourite food or drinks during hospitalization and involve family
- Discuss the importance of early mobilization
- Discuss sleeping habits and the importance of day-night rhythm
- Discuss the importance of the use of aids (glasses etc.) during the hospitalization
- Advise to bring a clock/calendar to the hospital
- Inform the patient about the importance of willing to be informed about the surgery, anaesthesia and possible postoperative complications
- Identify patient's wishes regarding daily visits, postoperative presence of family and friends, and rooming in at night

Continuity of care
Inform the nursing department about the increased risk on postoperative delirium of this patient and advise them to screen this patient three times daily on delirium

Depression

- Inform the patient and family about early symptoms
- Identify how the patient can relax with exercises and ask the patient to do these exercises before and during the hospital admission
- Advise the patient to prepare at home a device with relaxing music and to listen to this during hospitalization
- Identify patient's wishes regarding daily visits, postoperative presence of family and friends

Continuity of care
Inform the nursing department about the increased risk on postoperative depression of this patient and advise them to screen this patient regularly on depression

Pressure Ulcer

- Inform the patient and family about early symptoms
- Discuss with the patient the importance of postoperative use of resources, such as pressure ulcer distribution mattresses
- Discuss with the patient the importance of repositioning in the bed during hospitalization
- Discuss with the patient the importance of heel protection after the operation

Continuity of care
Inform the nursing department about the increased risk on postoperative pressure ulcer of this patient and advise them to screen this patient regularly on developing pressure

Infection

- Inform the patient and family about early symptoms
- Teach the patient deep breathing exercises and inform about that the physiotherapist will guide this during the hospital admission
- Instruct the patient about proper wound management

Continuity of care
Inform the nursing department about the increased risk on postoperative infection of this patient and advise them to screen this patient regularly on developing a possible infection