

## Background

- Intake and Output (I&O) is an essential indicator of fluid balance in congestive heart failure patients to help guide diuretic therapy.
- Often times there are missed opportunities to accurately document intake and output in the hospital setting and numbers charted don't accurately reflect real totals.
- By providing a simple, bedside visual total sheet, previous studies have demonstrated an increase in documentation compliance of accurate I&O totals.

## Practice Change

Increase documentation compliance of intake and output by RNs and NTs in the electronic chart for patients with a diagnosis of CHF.

## Methods

- Administered paper pre-surveys to RNs and NTs.
- Presented shift total sheet and reference pictures to RNs and NTs during February team huddles.
- Post-surveys were administered directly to RNs and NTs after the I&O sheet implementation.

## Measures and Results

Bedside I&O Shift Total Sheet with References

| ROOM:  | Fluid Restriction (if applicable): |      |      |      |      |      |      |      |      |      |      |      |      |
|--------|------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
|        | 0600                               | 0700 | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 |
| Intake |                                    |      |      |      |      |      |      |      |      |      |      |      |      |
| Output |                                    |      |      |      |      |      |      |      |      |      |      |      |      |
| Total  |                                    |      |      |      |      |      |      |      |      |      |      |      |      |



## Results

|   | Pre Reference Sheet Implementation |     |     | Post Reference Sheet Implementation |     |     |
|---|------------------------------------|-----|-----|-------------------------------------|-----|-----|
|   | Yes                                | No  | N/A | Yes                                 | No  | N/A |
| Was any intake charted?   | 77%                                | 23% | --- | 92%                                 | 8%  | --- |
| Was applicable PO intake charted?   | 55%                                | 45% | --- | 54%                                 | 46% | --- |
| Was applicable IVF intake charted?  | 55%                                | 22% | 23% | 54%                                 | 31% | 15% |
| Was applicable IVPB intake charted?   | 22%                                | 11% | 67% | 31%                                 | 46% | 23% |
| Was applicable fluid bolus charted?   | 11%                                | 22% | 67% | 54%                                 | 23% | 23% |
| Were applicable drips charted?  | 55%                                | 22% | 23% | 54%                                 | 15% | 31% |
| Was any output charted?   | 88%                                | 12% | --- | 92%                                 | 8%  | --- |
| Was all applicable output (urine, NG tube, emesis, blood, vomit, etc.) charted? | 66%                                | 34% | --- | 69%                                 | 31% | --- |

## Summary/Discussion

- This project was a first step in increasing documentation compliance of I&Os, things that can be done in the future include:
  - Implement the tool with CHF patients.
  - Follow and track use of shift total sheet with I&O documentation compliance.
  - Evaluate compliance of shift total sheet use by staff and patients.
- Some feedback we heard during our education for the staff was:
  - "This is very convenient to have at the bedside, my patient even filled it in himself."
  - "The picture references on the back have helped with questions everyone has about how much we really should be documenting on patients."
  - "This should be laminated and left at the bedside permanently."

## Conclusion

- Documentation compliance of I&Os of CHF patients can be increased by implementing tools, such as a shift total sheet, for patients and staff to use.
- Nursing staff felt that a laminated bedside I&O shift total sheet would be very beneficial and easy to use, in order to increase compliance.

### References