Direct Clinical Application With Nurse-Led Research: Impact of "Boot Camp" Intervention for Caregiver Discharge Readiness

Mary Cazzell, PhD, RN
Julie Van Orne, MSN, RN, CPN
Kaylan Branson, MSN, RN, CPN
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Objectives

- Discuss the research process and interventions initiated by front line nursing staff
- Discuss results of a boot camp training intervention on length of stay, discharge teaching time, and caregiver satisfaction
- Transitional Care Unit
- Unstructured training
- Caregiver “burn out”
- Unsafe discharge environment
- Financial Impact
Research Initiation

- Literature review
- Innovation and collaboration
- Study design
- Study interventions
- Study measurements
### Patient Demographics

<table>
<thead>
<tr>
<th>Control Group</th>
<th>Experimental Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ 5 months</td>
<td>▪ 9.3 months</td>
</tr>
<tr>
<td>▪ 59% Male</td>
<td>▪ 52% Male</td>
</tr>
<tr>
<td>▪ 41% Female</td>
<td>▪ 48% Female</td>
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</tbody>
</table>

### Caregiver Demographics

Primary Caregiver - Female, 34 years old, high school graduate
## Caregiver stress & Satisfaction

<table>
<thead>
<tr>
<th>PSI-4 Short Form</th>
<th>Pre-Boot Camp</th>
<th>Post-Boot Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parental Distress Scale (score range 12-60)</td>
<td>28.0(9.1)</td>
<td>23.4 (7.1)</td>
</tr>
<tr>
<td>Dysfunctional Interaction (score range 12-60)</td>
<td>22.0(5.7)</td>
<td>20.4(5.5)</td>
</tr>
<tr>
<td>Difficult Child Scale (score range 12-60)</td>
<td>23.7(8.1)</td>
<td>21.27(6.8)</td>
</tr>
<tr>
<td>Total Score: Parental Stress (range 36-180)</td>
<td>75(17.8)</td>
<td>71(15.7)</td>
</tr>
</tbody>
</table>

\( p = \text{less than} 0.0001 \)
Results

- Training days decrease from 60 to 14.5, $p = 0.001$

- Length of stay on TCU decrease from 77 days to 48 days, $p = 0.01$

- Length of stay in hospital decrease from 146.5 to 82 days, $p = 0.017$

- Financial impact
Initiating Change

- Staff education
- Support from leadership
- Staff motivation
- Creation of Clinical Nurse Leader position
- Tracking readmissions
- Simulation lab
- Generalization of format
- Next projects
This study was made possible by Cook Children’s Medical Center Transitional Care Unit staff and leadership.
References


Questions?