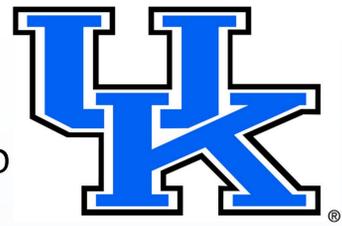




Slowing the Inpatient Fasting Epidemic



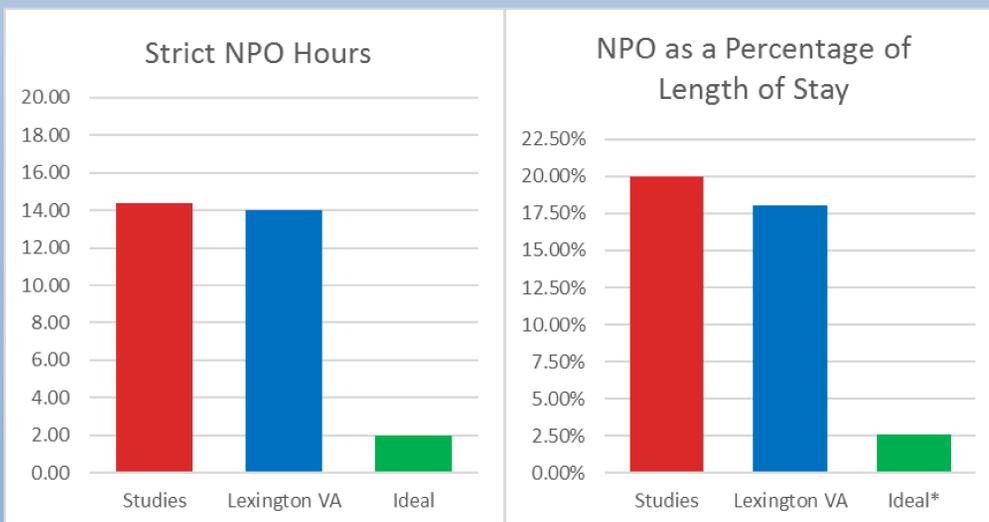
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BACKGROUND

- Patients are unnecessarily ordered to be NPO at midnight independent of current recommendations and evidence specific to the type of procedure being performed or expected time for the procedure to occur
- Contemporary evidence demonstrates longer NPO duration to have no clear impact on aspiration risk
- Some studies suggest a clear liquid diet leads to increased gastric emptying, thereby decreasing aspiration risk
- Current evidence supports graduated dietary restriction as well as shorter NPO durations to maximize nutrition, healing, and recovery as well as patient experience
- Safety has been demonstrated in numerous studies with graduated diet and NPO status with strict NPO for just 2 hours and clear liquids up to 6 hours prior to planned procedure

OBJECTIVES

- Implementation of a graduated diet and NPO status in an inpatient population undergoing procedures with the goal of substantially decreasing the overall duration of strict NPO in order to better adhere to contemporary evidence-based guidelines



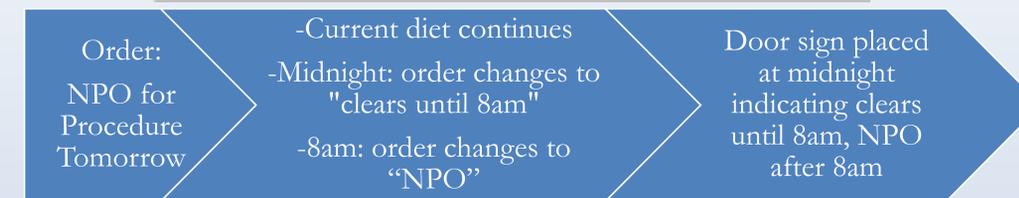
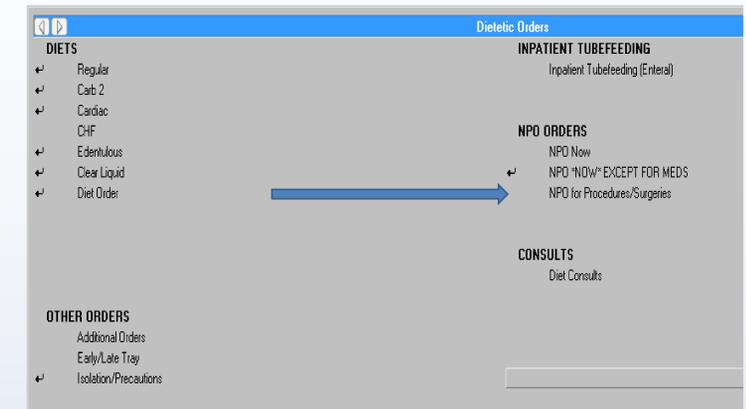
*Assuming now change in length of stay at Lexington, VAMC

METHODS

- Analyzed data at Lexington VAMC detailing average NPO duration, patient satisfaction reports, and average length of stay on medicine teams
- Design-based, rapid protocol development workshop was used among resident physician leaders to propose ideal order menu to facilitate practices reflective of current evidence
- Information technology team constructed menu via CPRS electronic health record
- Implementation cycle 1: focused on patients undergoing heart catheterization or bronchoscopy
- Future implementation cycles will expand the order set to additional procedures

RESULTS

- Newly created order menu will allow the following modifications
 - (1) Clear liquid diet starting at midnight the night prior to procedure
 - (2) Strict NPO starting 8am the morning of procedure
- New order automatically generates door sign placement by the ward clerk at midnight that will indicate "Clears until 8am" and "NPO after 8am"
- New order menu and door signs workflows are set to go live July 1, 2017
- Resident and physician education is already underway
- Nursing and dietary champions are appointed to disseminate materials and lead education efforts among ancillary staff
- Data collection will be ongoing and analysis will occur each month



ANTICIPATED IMPACT

- Converting to a graduated approach to pre-procedural fasting will:
 - Significantly reduce strict NPO duration while not
 - Improve patient satisfaction
 - Have no effect on aspiration pneumonia, LOS, or procedural delay
- Graduated dietary control and NPO status to expand to additional procedures including General Surgery, Gastroenterology, and Interventional Radiology

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