

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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CookChildren'sSM

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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

Setting & History

- 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



Results

Patient Demographics

Control Group	Experimental Group
<ul style="list-style-type: none">■ 5 months■ 59% Male■ 41% Female	<ul style="list-style-type: none">■ 9.3 months■ 52% Male■ 48% Female

Caregiver Demographics

Primary Caregiver - Female, 34 years old,
high school graduate

Results

Caregiver stress & Satisfaction

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

$p = \text{less than } 0.0001$

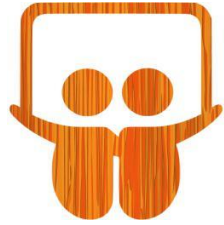
Results

- 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

Moving Forward

- Creation of Clinical Nurse Leader position
- Tracking readmissions
- Simulation lab
- Generalization of format
- Next projects





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Medical Center
Transitional
Care Unit staff
and leadership

References

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Questions?