



Rancho Los Amigos National Rehabilitation Center

DEPARTMENT OF NURSING

PRE-OP HOLDING AREA/OUTPATIENT SURGICAL SERVICES

POLICY AND PROCEDURE

**SUBJECT: DISCHARGE FROM OUTPATIENT
SURGERY SERVICES**

Policy No.: POHD55
Supersedes: ALL
Revised Date: 03/2018
Page: 1 of 3

Purpose of Procedure: To outline the discharge criteria for patients being released from the Outpatient Surgical Service.

Policy Statements:

1. Discharge planning is initiated during the pre op clinic visit or upon admission to the pre-op area.
2. Patients are informed of the surgical procedure, type of anesthesia that will be required and if they will be discharged the same day.
3. All patients who receive any type of preoperative, intraoperative and or postoperative sedative or general anesthesia are discharged to the care of a responsible adult who will go home with the patient.

Physicians Order Required: Yes

Performed by: RN

Procedural Steps:

I. Discharge Criteria

- A. The Physician has written a discharge order.
- B. The patient has met the following criteria:
 1. Level of consciousness is comparable to preoperative level.
 2. Vital signs are within preoperative normal baseline.
 3. No significant post operative pain.
KEY POINT: Pain is well managed
 4. Intact motor reflexes, motor and sensory control.
 5. No nausea or vomiting with clear liquids.
 6. Able to void (per anesthesia).
 7. Satisfactory surgical site and dressing conditions.
 8. No signs or symptoms of postoperative complications.
 9. Able to ambulate or mobilize comparable to preoperative level and within minimal prescribed weight bearing limits.
 10. Anesthesiologist clearance for discharge.
 11. Responsible adult available to accompany patient home.
 12. See attachment "1" for minimal monitoring time and anesthesia sign out.

EFFECTIVE DATE: 03/2018
APPROVED BY: Practice Council

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Signature(s) on File.

- C. In the event the patient does not meet above criteria, notify the physician to evaluate the patient.

II. Discharge Medications and Supplies

- A. Prescriptions may be filled at outside pharmacy per patient request or at the outpatient pharmacy.
KEY POINT: A copy of the prescription is attached to the chart.

III. Patient Teaching

- A. Provide patient with postoperative instructions regarding:
1. Prescribed medications
 2. Activity limitations
 3. Equipment and supplies
 4. Diet
 5. Dressings
 6. Return appointments
 7. Appropriate contacts for post-op questions and emergent and non-emergency issues.
 8. Specific printed instructions.

IV. Documentation

- A. Document post-operative nursing assessment, interventions and outcome.
- B. Postoperative discharge instructions are given to patient and/or caregiver.
1. Provide printed postoperative patient education.
- C. Document the following post operative follow-up phone call information:
1. status of operative site dressing
 2. neurovascular status
 3. pain management
 4. post op nausea or vomiting
 5. fever
 6. any other unusual signs & symptoms

References:

Brunner and Suddarths text book of Med. Surg. Nursing- Lippincott Williams 10th Edition 2003
Perianesthesia Nursing. W.B. Saunders Co. 4th Edition 2004
Joint Commission 2007 TX .2.4 2.4.1, TX .5.4, PF .3.9

Revised by: Theresa Herrero, RN

02/09 - Reviewed
03/11 - Revised
03/18 - Revised