



## Abstract

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Outreach nursing pilot project in Ng Teng Fong General Hospital

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### Objectives:

The objective of this pilot was to enable ICU nurses to expand their role to assist the general ward nurses in caring for unstable and critically ill patients.

### Methods:

During the 3 month pilot, an outreach nurse would accompany the Intensive Care Medicine Outreach Team to review unstable patients in the Emergency Department or General Ward. An outreach nurse is appointed each shift and was given a standard form as a guide to assessing unstable patients. Thereafter based on the physician's assessments, the outreach nurse would independently review and assess patients on the outreach list who require follow-up.

### Results:

During the 3 month pilot, 215 patients were reviewed by the team. Of the patients reviewed, 7.4% (16 patients) were reviewed for airway issues, 29.8% (64) for breathing issues, 54.9% (118) hemodynamic-related issues, and 7.9% (17) for neurological monitoring.

Throughout the pilot, it was identified that nursing was a vital member of the outreach team. The themes of services provided to the general ward nurses consisted of patient education, fluid bolus and management, palliative care, tracheostomy management, rehabilitation and pain management.

As a result, nurses in the general wards felt that they had more support from the medical and nursing team. At the same time, it enabled transfer of knowledge through peer teaching for fellow general ward nurses who might be less equipped in managing unstable patients. As a result of this, we also noticed a drop in patients requiring HD/ICU admission.

As an expansion of this project, ICU nurses will be expanding their role to independently review high risk post-ICU discharge patients in order to assist with transition to the general ward and reduce the rate of readmission to HD/ICU.

### Conclusions:

The outreach nurse is a vital member of the outreach team who ensures unstable and critically ill patients in the general ward receive appropriate holistic care.

