

An Evidence-Based Approach to Edema Management with Geriatric Patients at Bruyère Geriatric Day Hospital

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Background

Peripheral edema is a prevalent condition afflicting many older adults in Canada, and especially common in patients with chronic diseases such as Chronic Heart Failure (CHF) and chronic venous disease (10, 11). In a recent study, researchers found that almost 80% of CHF patients stated that their “worst” most debilitating symptom was edema (12). Without proper treatment, these patients face severe complications that may compromise their ability to participate in independent activities of daily living and a decrease in their quality of life overall.

The Bruyère Geriatric Day Hospital currently treats many patients who present with edema due to chronic illness. At the present moment, the clinicians who are assessing and treating these patients are in need of a specific decision-making tool to help create standardized and effective treatment plans.

Objective

To develop an evidence-based clinical decision making tool to assess and manage geriatric patients with edema at The Bruyère Geriatric Day Hospital

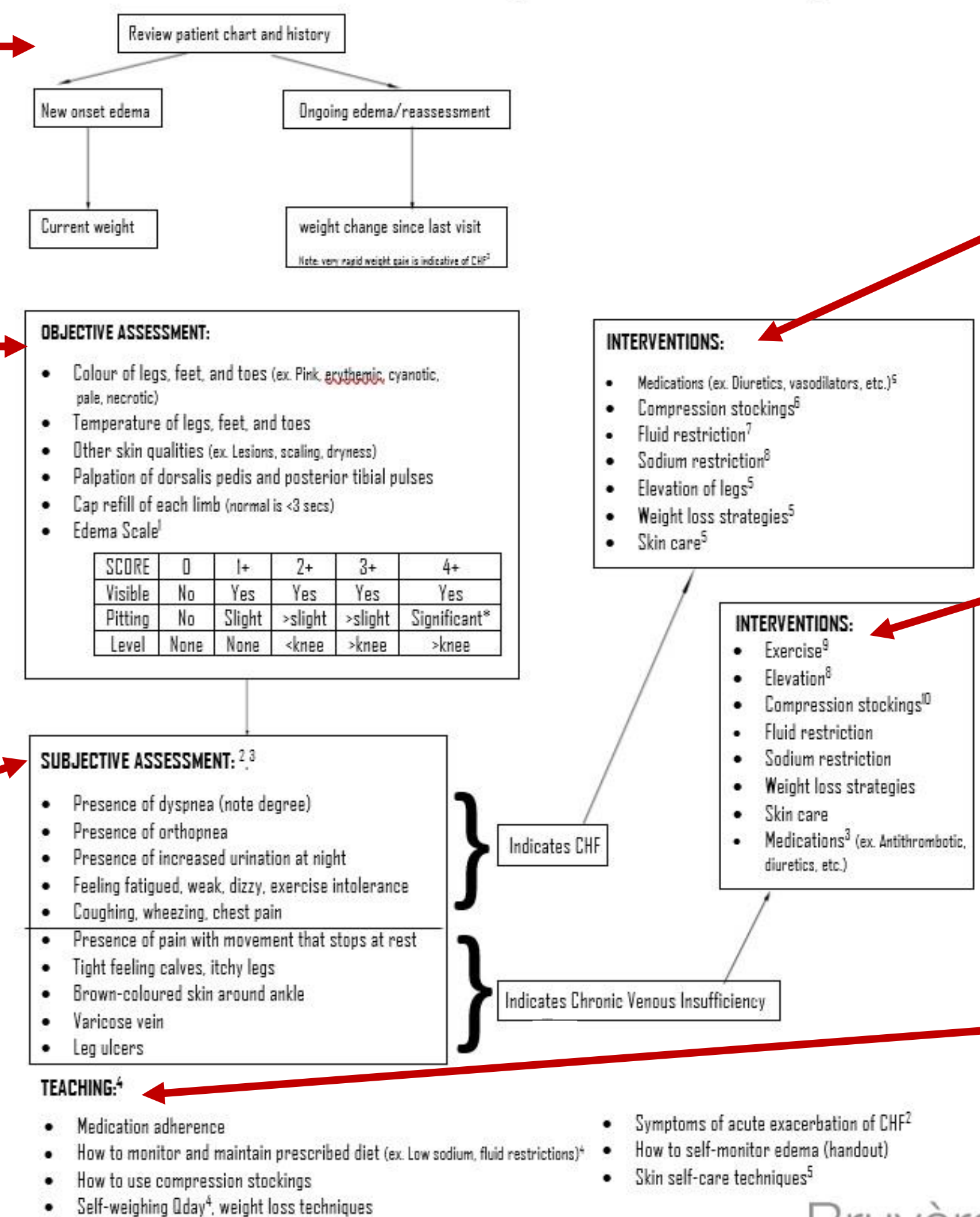
Results

Pathway for initial encounter priorities.

Outlined criteria for a thorough objective physical assessment for patients showing signs of edema based upon recent studies and guidelines for practice.

Gave general recommendations for symptoms to ask patients about in order to differentiate from CHF and Chronic Venous Insufficiency.

Assessment and Intervention Pathway for Patients Presenting with Edema



Standard treatments indicated for patients presenting with CHF related edema are presented here.

Evidence-based treatments for Chronic Venous Insufficiency are shown here.

General teaching suggestions are provided for the clinician in this section.

Overall...

- Simple tool to use to guide decisions
- Generalized for all patients
- Room for more specific teaching and interventions
- Based upon proven methods of assessment and treatment

Methods

Our team has used a mixed design guided by the **Knowledge-to-Action framework** (14) to conduct the following:

1. Literature Review
2. Interviews
3. Development of the Tool

Literature Review

Three literature reviews were conducted to review and select knowledge. The preliminary search involved CINAHL using the keywords “peripheral”, “limb”, “edema”, “assess”, and “evaluate”. In our two later searches, they were more targeted and specific to search for “chronic heart failure” and other disease-specific interventions for edema. Various studies were found and incorporated into our decision-making tool.

Interviews

We met with a senior Registered Nurse at the Bruyère Geriatric Day Hospital on two occasions to determine barriers to knowledge use and the specific needs of the clinicians who will be using the tool. We discovered that the unit did not need a full documentation form, rather a guideline for clinicians encountering patients with peripheral edema.

Development of the Tool

Using the knowledge gained from the literature reviews as well as an expert opinion, we were able to facilitate adaptation of the knowledge to local context and create The Edema Assessment and Intervention Tool.

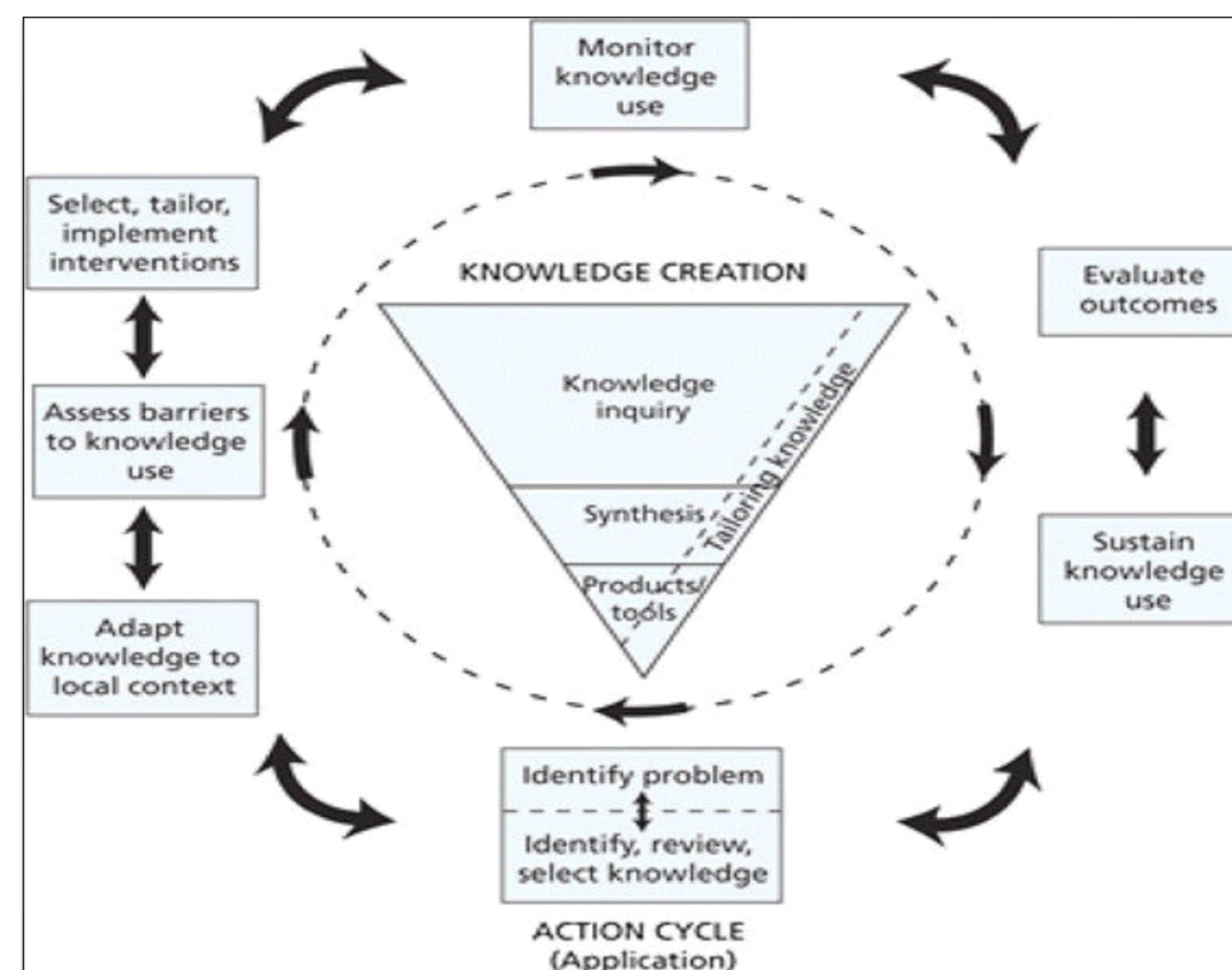


Figure 1: The Knowledge-to-Action Framework (14)

Future Implications

The Next Steps

- ❖ Pilot The Edema Assessment and Intervention Tool with a small population of patients at The Bruyère Geriatric Day Hospital.
- ❖ Determine the effectiveness of the tool in practice.
- ❖ Make adjustments according to research outcomes and professional needs of nurses.

This tool will increase the efficiency, consistency, and accuracy to which clinicians can assess and treat patients with edema. It will improve patients' overall health, independence and quality of life.

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