



# Facilitators and Barriers to DrEaMing

Dr Georgina Singleton

ST6 Anaesthetics/ PQIP Fellow 2020-22

singleton.georgina@gmail.com

5<sup>th</sup> May 2022

# Facilitators of DrEaMing

- Support or 'buy-in' from frontline teams and managers

*'You need buy-in from the whole team'* [Anaesthetist]

- Communication
- Local Champions

*'Certainly for us, the perioperative nurse; she is the one that has done all the initial driving with this'* [Surgeon]

- Demonstration of early 'wins'
- Clear pathways or guidelines
- Adapting to the local context
- Involving the patient

# Barriers to DrEaMING

- Lack of or unclear documentation
  - *'There's one group of surgeons saying one thing, then one group saying something else. There's a fear about getting it wrong and it's sometimes easier to do nothing. This is **toxic** to any enhanced recovery programme.'* [Anaesthetist]
- Post-op ward destination
  - *'the ward is also a gastro [ward] . . . with all the emergencies, so it's a very heavy workload. So if you're young, you'll get out of bed, if you need two people to get you out of bed, it's not as certain'* [Nurse]
- Lack of resources e.g. staff, space, time
  - *'We need people to get people out of bed, whose job it is to get people out of bed.'* [Surgeon]
  - *'There aren't the staff to be able to mobilise them effectively.'* [Nurse]
- Lines, drains, tubes, epidurals
- Perceived resistance to change
  - *'people are very slow in accepting change'* [Anaesthetist]

# Some examples



- Documentation of a 'cup of tea in recovery' in the post-operative plan
- Lines drawn on the floor as target distances to walk to on day 1
- Storing supplement drinks in an accessible fridge
- Hospital gowns for the day of surgery only
- Thirst on the recovery check-list
- Prescribing a post-op DrEaMing bundle

# My take-home messages

- Focus on what works for the local context
- Identify who can help collaborate
- Use a systematic approach
- Keep it simple, don't try to do too many things at once
- Evaluate early and refine as you go
- Celebrate 'wins' but don't fear failure