

Magnets for Symptom Management

Development of a Stoplight Magnet for Patient Symptom Escalation

Grace Crawford, MHA, BSN, RN, Christine Eastep, BSN, RN, OCN®, Karen Meade, MS, APRN-CNS, AGCNS-BC, OCN®



The James
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Introduction & Problem

- ❖ Outpatient oncology- ↑ patient acuity, volume and treatment options
 - New oncology therapies- ↑ oral therapies in the home setting
- ❖ Patients living longer, requiring more support through their treatment and survivorship
- ❖ Shift towards treatment in the outpatient setting
 - Patients and caregivers assume greater responsibility in symptom management at home
- ❖ A deficit was identified in patient knowledge and how to manage their symptoms at home

Purpose

- ❖ Purpose- create a simple visualization tool for patients to easily understand and self-evaluate the severity of their treatment side effects and symptoms
- ❖ Allow early identification of serious side effects and preventing potential delays in care

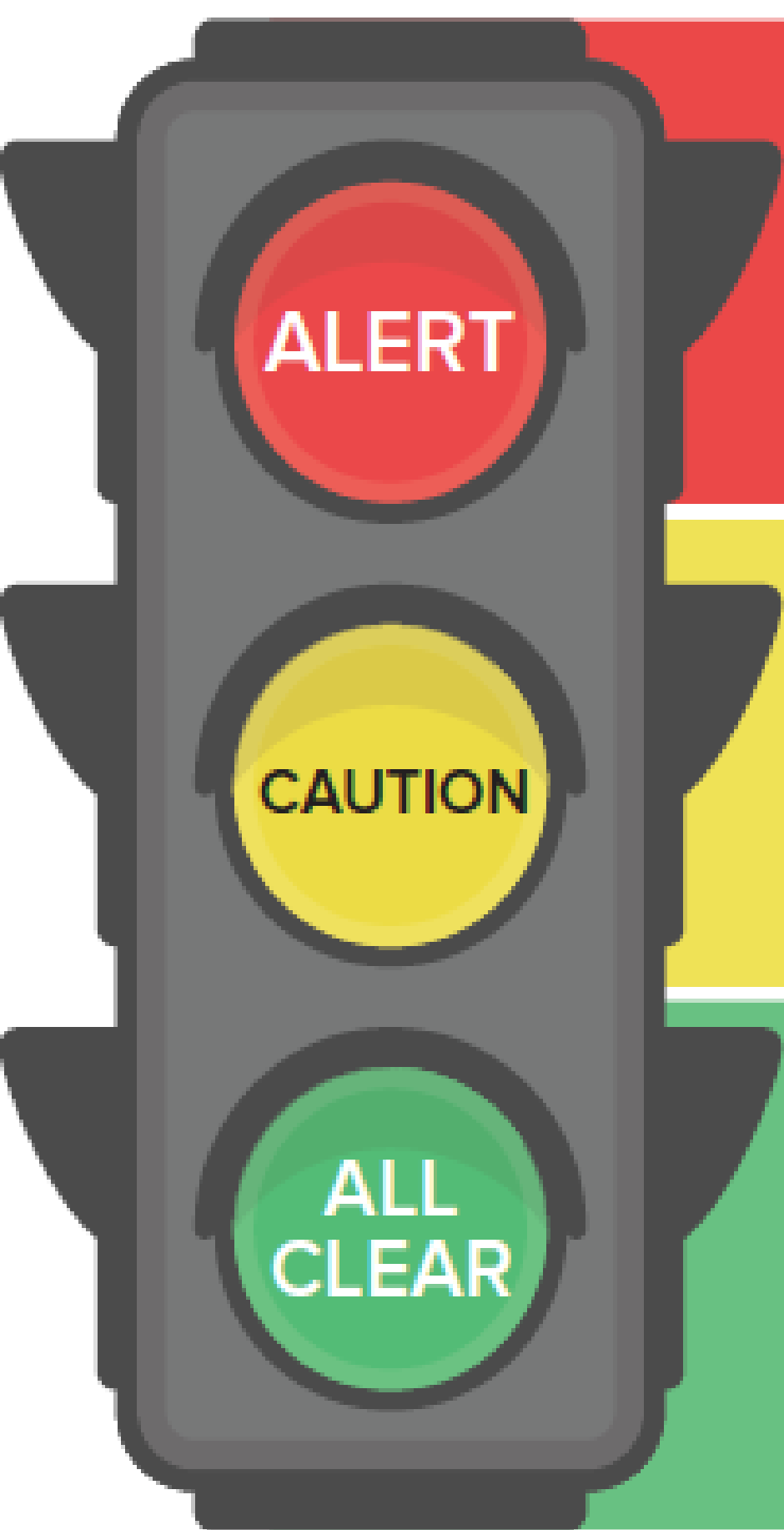
Project Implementation

- ❖ Interdisciplinary team- created simple refrigerator magnet to guide patients in identifying signs and symptoms to be concerned about
- ❖ Stoplight designed to:
 - ❖ Help patients recognize the severity of signs and symptoms
 - ❖ Relate severity of signs and symptoms to guide patients in appropriate actions
- ❖ Implemented on 4 outpatient oncology clinics
- ❖ Tried for 2 months
- ❖ Tried on 49 of patients

Discussion

- ❖ Tool
 - ❖ Specific to medical oncology- requires additional patient education based on specific disease process & treatment
 - ❖ English language- not yet adapted in other languages
 - ❖ Size limited by 4"x6"- may be difficult to use for visually impaired
 - ❖ May be adapted to other clinics and populations

Stoplight Tool



Go to the Emergency Department/Call 911 if you experience:

- Bleeding
- Symptoms of a stroke, such as numbness, confusion or being unable to talk
- Severe allergic reaction, including wheezing or trouble breathing
- Severe pain, or pain in your chest

Call the Clinic

- Temperature of 100.4°F (38°C) or higher
- Shortness of breath
- Constant nausea, vomiting, diarrhea or constipation
- Problems with your skin, such as rashes, sores or lesions
- New pain, or pain that is not relieved with pain medicine

Your symptoms are in control

- No shortness of breath or problems breathing
- No pain, or pain is relieved by pain medicine
- Heartbeat is normal, and energy level is usual
- Temperature is normal/under 100.4°F (38°C)
- Able to eat and drink as usual

You know your body best. If you feel something is wrong, and you do not know what to do, you should call the clinic or go to the Emergency Department/Call 911.

The James
THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Outcomes

- ❖ Survey Results
 - ❖ Pre survey from 49 patients / Post from 19 patients
 - ❖ Pre: 49/49 found it useful
 - ❖ Post: 15/19 found it useful
 - ❖ 3/4 who reported tool was not useful stated they had no symptoms and therefore didn't need to use it
 - ❖ 8 patients commented that we needed to add phone numbers
 - ❖ Other comments include: excellent idea, easy to read/understand, as a new patient this is helpful, and this is a great idea I would look at it everyday



Takeaways

- Provides branded novelty item for practical use
- Empowers patients to manage their own care in partnership with clinical team
- Works in oncology population
- Best timing of distribution to patients to be determined
- May add to the overwhelming nature of new diagnosis or treatment

References:

•Stacey, D., Barker, D., Ballantyne, B., Chapman, K., Cumming, J., Green, E., Harrison, M., Howell, D., Kuzlensky, C., Mackenzie, T., Sabo, B., Skrutkowski, M., Syme, A., & Whynt, A. (2012). Managing symptoms during cancer treatments: evaluating the implementation of evidence-informed remote support protocols. *Implementation Science*, 7(1), 110. <https://doi.org/10.1186/1745-5908-7-110>

•Coolbrandt, A., Millen, K., Wildiers, H., Aengeleers, B., van Achterberg, T., Van der Elst, E., & Dierckx de Casterlé, B. (2018). A nursing intervention aimed at reducing symptom burden during chemotherapy (CHEMO-SUPPORT): A mixed-methods study of the patient experience. *European Journal of Oncology Nursing*, 34, 35–41. <https://doi.org/10.1016/j.ejon.2018.03.002>

•Chicago/Turabian: Author-Date

•The Ohio State University WMC. (2019). Treatment with chemotherapy and anti-cancer medicines. Patient Education. Retrieved from <https://onesource.osumc.edu/departments/PIEduc/Documents/OncologyChemotherapyONESOURCE.pdf>