

Recovery Centers of America Tracking Compliances

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Introduction

The Recovery Center of America in Danvers, MA is a rehabilitation center that provides specialized care and treatment for individuals struggling with addiction (Recovery Centers of America, n.d.). The center follows evidence-based practices to provide personalized treatment plans that cater to the specific needs of each patient and their families (Recovery Centers of America, n.d.) through; psychotherapy, detoxification, group therapy, medication assisted therapy, medication management, cognitive-behavioral therapy.

Objective

To efficiently track and collect data for Clinical Opiate Withdrawal Scale (COWS), Clinical Withdrawal Assessment for Alcohol (CIWA) and Nursing Flow Sheets (NFS) for 1st, 2nd and 3rd shifts, in order to ensure that all patients receive timely and appropriate care, and to facilitate effective communication and documentation among the healthcare team.

Literature Review

Wesson and Ling (2003) assert that the COWS is a versatile clinical tool applicable to diverse patients and settings, effectively indicating the intensity of opiate withdrawal symptoms. Additionally, literature supports the use of the Clinical Institute Withdrawal Assessment for Alcohol (CIWA) in the management of alcohol withdrawal, designating it as a fundamental therapeutic tool (Pribek et al., 2021; Stuppaeck et al., 1994). However, it is crucial to emphasize the importance of training to effectively utilize these tools (Bacon et al., 2016).

The Recovery Center requires patients in Acute Treatment Service (ATS) undergo three weekly assessments of COWS and CIWA each, along with three daily Nursing Flow Sheets. Conversely, patients in the Clinical Stabilization Service (CSS) program are required to undergo 1-2 weekly assessments of COWS and CIWA, along with 1-2 weekly Nursing Flow Sheets (C.Cronin, personal communication, May 27, 2023).

Methods & Materials

Collected data through the months of May to July to see which shifts missed the most COWS, CIWA and NFS, by randomly selecting 30 patients from each month and creating an excel sheet to track which shifts missed the most checks.

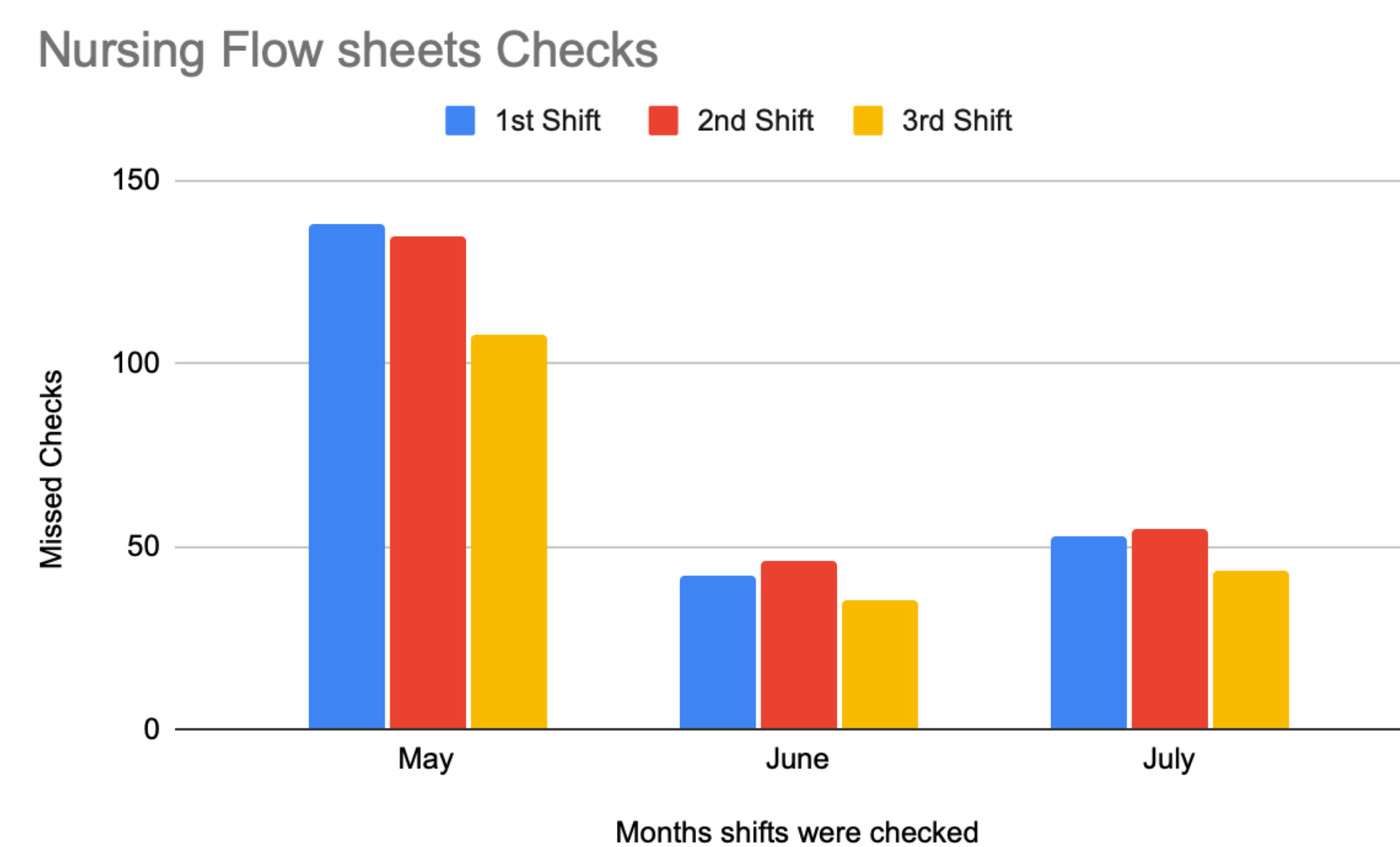
COWS & CIWA	1st Shift	2nd Shift	3rd Shift
May	95	104	73
June	41	38	8
July	68	66	19

NFS	1st Shift	2nd Shift	3rd Shift
May	138	135	108
June	42	46	35
July	53	55	43

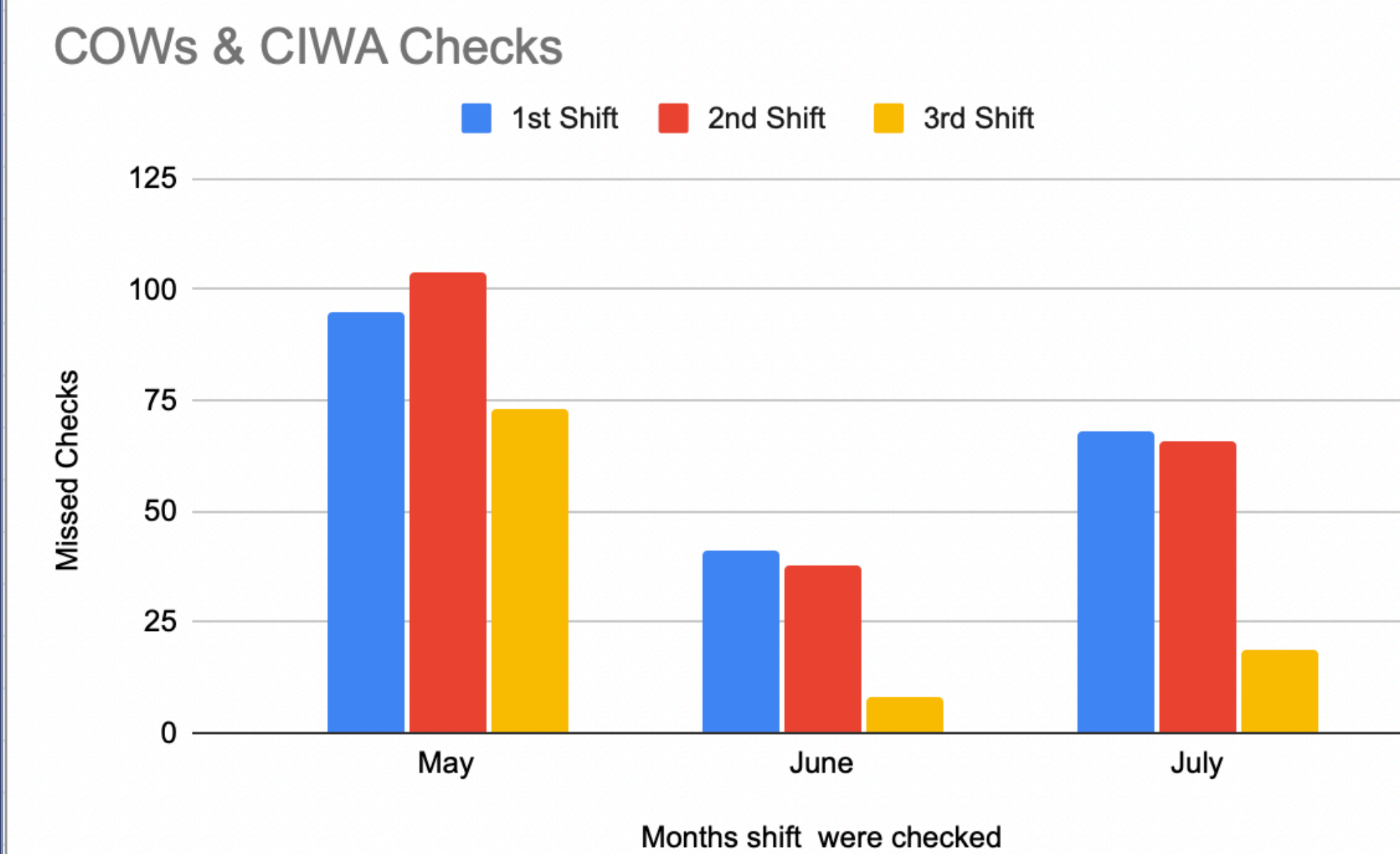
Questions that 30 patients were asked verbally each month on a yes or no scale.

1. Are your vitals being checked daily ?
2. For ATS patients; Are your COWS, CIWA and NFS checked 3 times a day consistently ?
3. For CSS patients; Are you COWS, CIWA and NFS being asked weekly?

Results

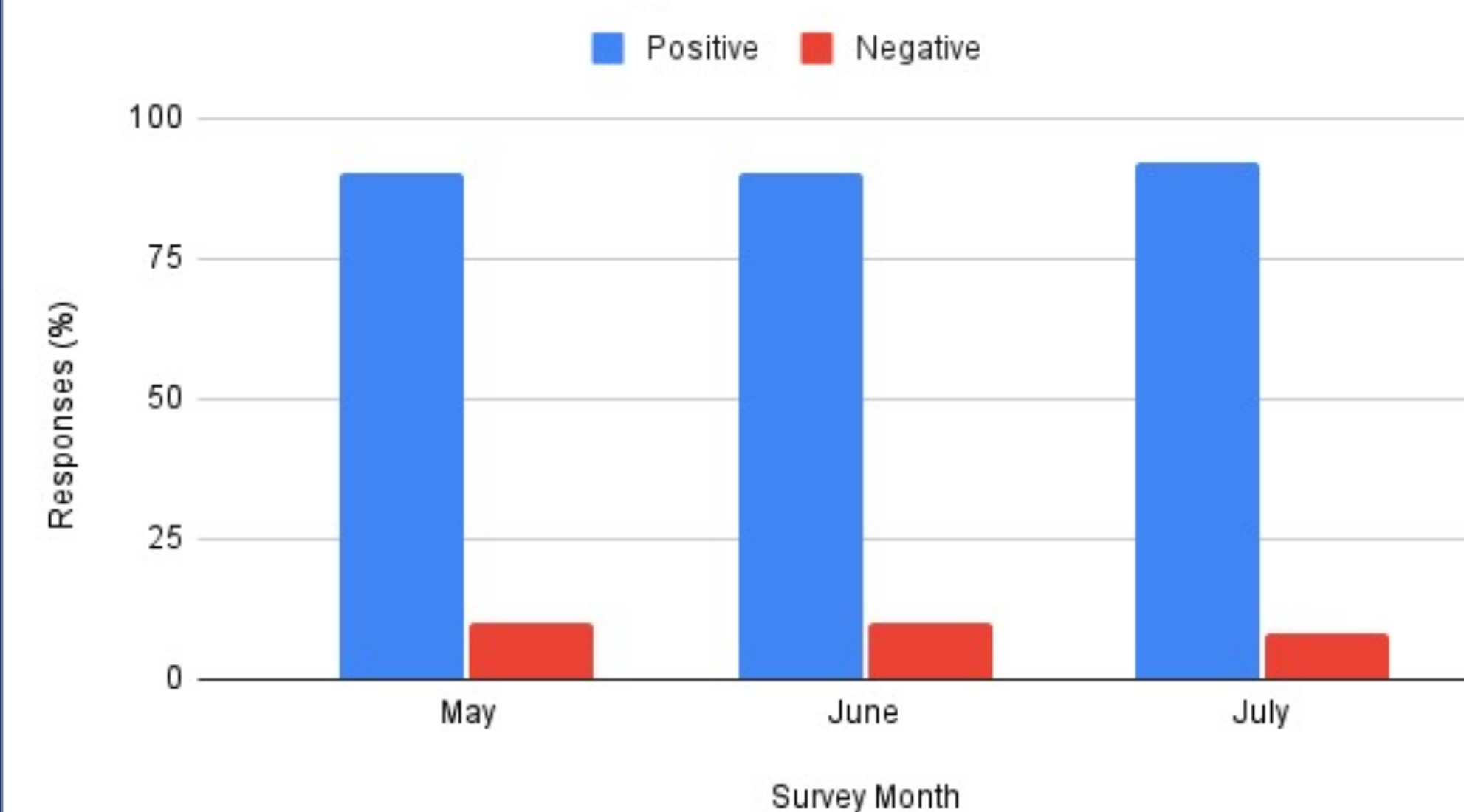


Results



RCA Danvers implemented hybrid units on June 1st, 2023, combining all detox ATS and residential CSS levels of care onto the same units. Due to ATS patients needing more frequent assessments, nursing staff were able to complete more assessments for both ATS and CSS because patients were on the same unit. These assessments allow staff to provide even more thorough medical care to the patients on a day-to-day basis.

Patient Satisfaction Survey



Nursing Flow Sheets and COWS/ CIWA assessment completion increased from May to June and July. There were less missed checks as the month progressed.

Conclusions

Tracking COWS, CIWA, and NFS by shift provides crucial steps towards improving patient care and outcomes. With accurate tracking of important patient information, healthcare staff can better communicate and collaborate to provide timely and appropriate care. In addition, regular staff training on the use of tracking tools can help improve their competency, leading to even better documentation and patient care. Ultimately, improved staff training and tracking can help ensure that patients receive the highest quality of care, leading to positive recovery outcomes.

References

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