

APPLICATION OF THE NURSING ACTIVITIES SCORE (NAS) TO ASSESS THE WORKLOAD OF THE NURSING TEAM IN THE POST OPERATORY OF HEPATIC TRANSPLANTATION

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INTRODUCTION

Liver transplantation is a highly complex surgical procedure, with postoperative care in the Intensive Care Unit (ICU), where scores are used to constantly assess patients to ensure planned care. The use of demand indicators, particularly for the nursing team, is a requirement to ensure the quality of health care and support the number of professionals in different types of hospital units¹.

PURPOSE

To measure the workload of the nursing team in nursing care in the postoperative period of liver transplantation using the Nursing Activities Score (NAS).

REVIEW

The use of demand indicators is a prerequisite to ensure safety and quality in critical patient care². The Nursing Activities Score (NAS) is an instrument widely used in Intensive Care Units (ICU), it aims to count the time spent on specific procedures and interventions that include direct and indirect patient care and at the same time measure the workload of the patient. nursing team³. This instrument was validated in Brazil in 2009² favoring nursing in critical care, ensuring the best dimensioning of the team and better patient care.

METHOD

Retrospective observational cohort study, with a review of medical records of liver transplant patients, from January/2014 to June/2018, in a hospital in southern Brazil. The study was approved by the Research Ethics Committee under number: 1419996.

RESULTS

Table 1 - Demographic and clinical characteristics of patients in the postoperative period of liver transplantation

Variables	Total sample (n=286; 100%)
Age (years) - mean ± SD	57,6 ± 10,0
Gender - n(%)	
Female	89 (31,1)
Male	197 (68,9)
MELD - mean ± SD	24,3 ± 5,6
NAS - mean ± SD	94,9 ± 18,5

MELD, Model for End Stage Liver Disease; NAS, Nursing Activity Score; SD, Standard Deviation

Link: <https://doi.org/10.1016/j.transproceed.2022.08.039>

RESULTS

Considering that each NAS point corresponds to 14.4 minutes, the nursing workload in patient care (in hours), obtained in the first 24 hours after transplantation, was 22.7h. It was observed that the patients were seriously ill, and the workload of the nursing team was automatically very high, exceeding that recommended by the Federal Nursing Council (18:00)⁴, disfavoring quality and safety in patient care.

FINAL CONSIDERATIONS

The workload of nursing in the postoperative period of liver transplantation is excessive and the use of demand indicators are fundamental in the conduct of the treatment and in the assistance provided, enabling quality and safety to the patient in the postoperative period.

PERIOPERATIVE NURSING IMPLICATIONS

The results presented allow greater knowledge about the study, providing subsidies for greater security in the patient care process, highlighting the role of the nurse, who works in the postoperative period of liver transplantation.

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