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A New Approach to Sternal Precautions: Keep Your Move in the Tube

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A New Approach to Sternal Precautions:

Keep Your Move in the Tube

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Current Practice

CentraCare Sternal Precautions

- 10-pound lifting restriction for 4 weeks
- 20-pound lifting restriction until 3 months post operation
- Limited arm exercises
- Sit to stand push restrictions

Why Change

- Literature review demonstrates great variation in sternal precautions.
- Currently too restrictive; may hinder recovery and long-term mobility. Too many restrictions can create fear of movement, resulting in short term rehab discharge needs.
- To create more independence for the patient, less reliant on family members for ADLs and basic needs. Patients to return to regular home and work activities sooner.
- To decrease sternal wound complications.

Team Members

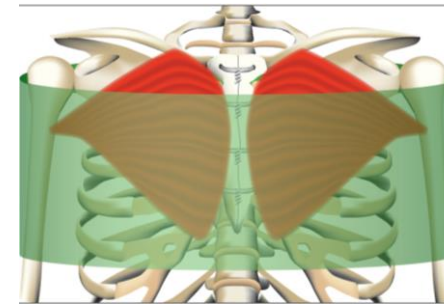
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Purpose

To guide patients and staff in a new approach to sternal precautions following median sternotomy.

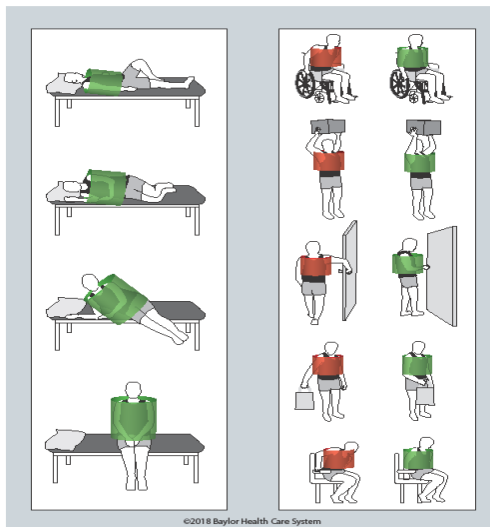
Keep Your Move in the Tube

- Pectoralis Major – Originates via the clavicle, sternum and upper abdomen. All three origins converge and insert on the upper humerus.
- Reducing movement of the humerus, decreases activation of pectoralis major and therefore decreases lateral pull on the sternum.



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Keep Your Move in the Tube®



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- Graphic demonstrates activities that are “in the tube” (green) and “out of the tube” (red).
- Allowed to reach “out of the tube” for non-load bearing activities such as personal hygiene.
- Resume normal activities at their own pace, must be able to perform without pain and stay “in the tube”.

Implementing Change

Dec 2020 – New approach to sternal precautions identified in published article
Jan 2021 – Networked with Baylor Healthcare System about CentraCare using their methodology
Jan 2021 – Copyright use agreement signed
Jan 2021 – Met with CNS to determine next steps
Feb/April 2021 – Cardiovascular Surgeons and APPs approved changing sternal precautions
March 2021 – Changes brought to to Nurse Practice Committee
April-May 2021- Cardiac Rehab Exercise prescription policy and AVS discharge instruction verbiage will be updated
May-June 2021- Changes will be brought to Education Committee
June 2021- Staff education (simulation, education days, video, pictogram)
July 2021- Implementation throughout CentraCare

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