Impact of Low – Residue Diet on Colonoscopy Among Veterans: A Pilot Program
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PICOT:
- In SFVA HCS adult population undergoing colonoscopy, what is the impact of low-residue diet on the quality of bowel preparation:
  - clinical (quality, repeat procedure/cancel)
  - patient (satisfaction, compliance)

Background:
- Colorectal Cancer (CRC) is the third most common cancer and the second leading cause of cancer-related death in the United States.
- In 2018, San Francisco Veterans Affairs Health Care System (SFVAHCS) completed 1,820 colonoscopies.
- Subpar colon preparation leads to poor colonic screening accuracy, high colonoscopy completion failed rates, and increased incidence of repeat procedures.

Methodology:
1. GI team collaboration
2. Veteran low-residue diet education
3. Pilot phase (collection & analysis)

Data Collection & Analysis:
- Patient satisfaction and compliance was scored using the Likert Scale (0-10).
- Colonoscopy preparation quality was measured using the Boston Bowel Preparation Scale (BBPS).
- Quality of bowel preparation is rated using the Boston Bowel Preparation Scale (BBPS). BBPS score ≥2 in all three colon segments is considered adequate.
- Statistical analysis (eg t-test) applied for data treatment.

Lessons Learned:
- Adequate bowel cleansing is crucial for visualization of the colon during colonoscopy.
- A low-residue diet is an excellent alternative to clear liquid diet in the bowel cleansing and preparation.
- The inclusion of patient caregivers in the education of bowel cleansing regimen is vital to the elderly population compliance.
- There is a need to explore other demographic factors such as race, socio-economic, and diet preference to future studies.

Goal & Objectives:
- Goal: present low residue diet as the standard practice of bowel cleansing
- Objectives:
  - design a sustainable alternative bowel cleansing regimen that can provide excellent quality of clinical and patient output
  - Create a LRD educational guideline for patient and GI clinicians

Goal Met:
- As of July 2019, low residue diet is the standard of practice for bowel cleansing at SFVA HCS.

Citation:
Center for Disease Control Center (CDC), 2019; Gaspar, Andrade, Ramaio, Antunes, & Macedo, 2019; Lee, 2019; Saltzman, 2015; Walter, et al, 2017

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