

PREHAB TO REHAB

RCS Getting Patients Fit For Surgery

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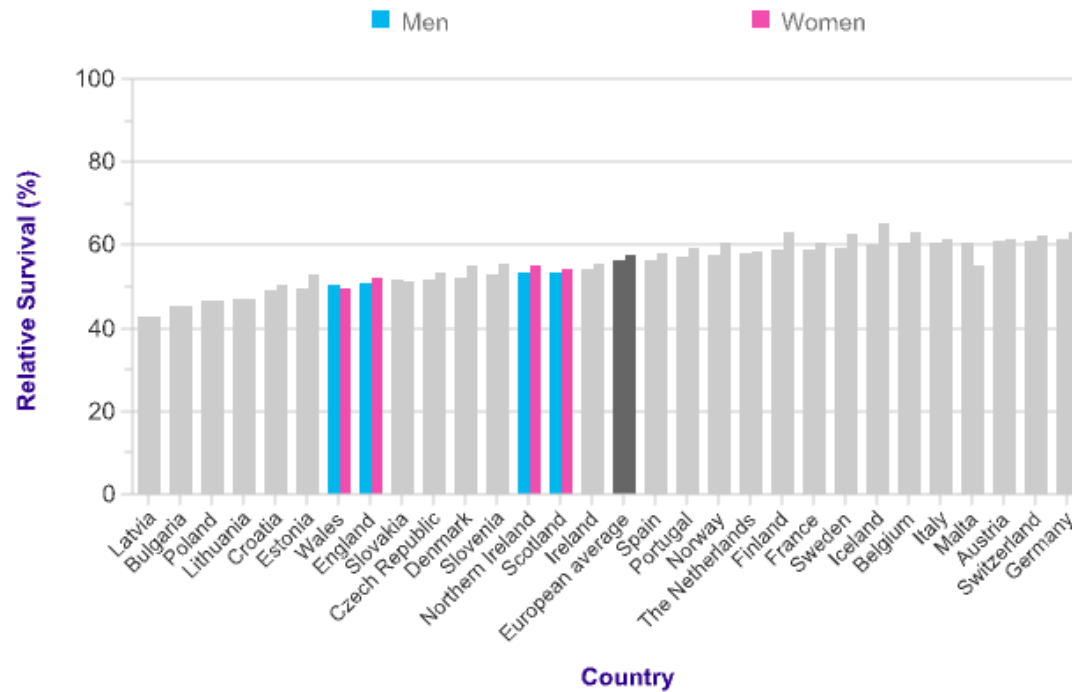


QUESTION?





VARIATION



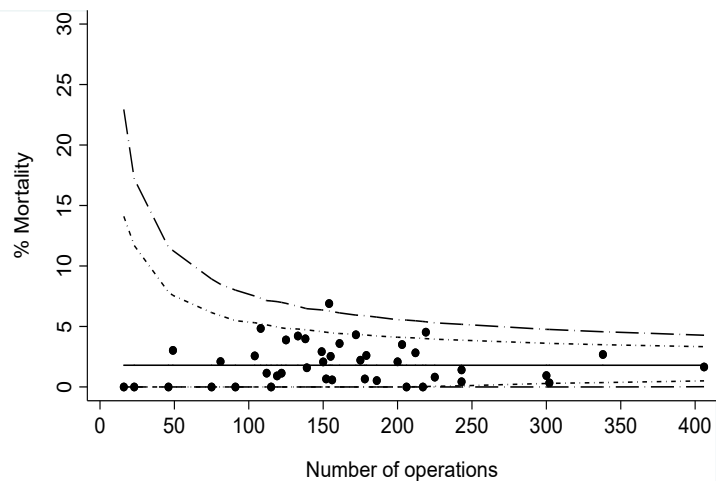
COLORECTAL CANCER SURVIVAL EUROPE

Surgical Outcomes

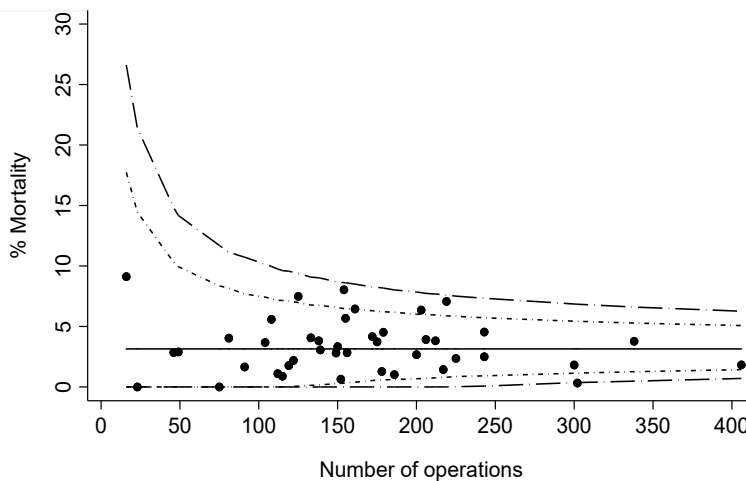
- All NHS Organisations achieved similar 90-day mortality after curative surgery
- For 30-day postoperative mortality, one surgical centre had a rate that was slightly higher than expected given the volume of operations performed

30 day mortality

90 day mortality



— Audit average - - - 95% limits
 • Mortality rate % - - - 99.8% limits



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 • Mortality rate % - - - 99.8% limits

PATIENT JOURNEY



- ▶ Symptoms and investigations
- ▶ Diagnosis
- ▶ MDT
- ▶ Outpatient appointment
- ▶ Treatment Options
- ▶ Pre-op assessment
- ▶ Surgery/Oncology/IR/
- ▶ Peri/post operative care
- ▶ Home

PATIENT JOURNEY



Prehabilitation

POAC/Optimisation

Perioperative Care PACU

Ward Care/ERAS

Home and Rehab

WHERE CAN WE MAKE A DIFFERENCE?



PREHAB

Optimisation risk
factors

ERAS compliance



Decreased
Complications

Improved long
term outcomes

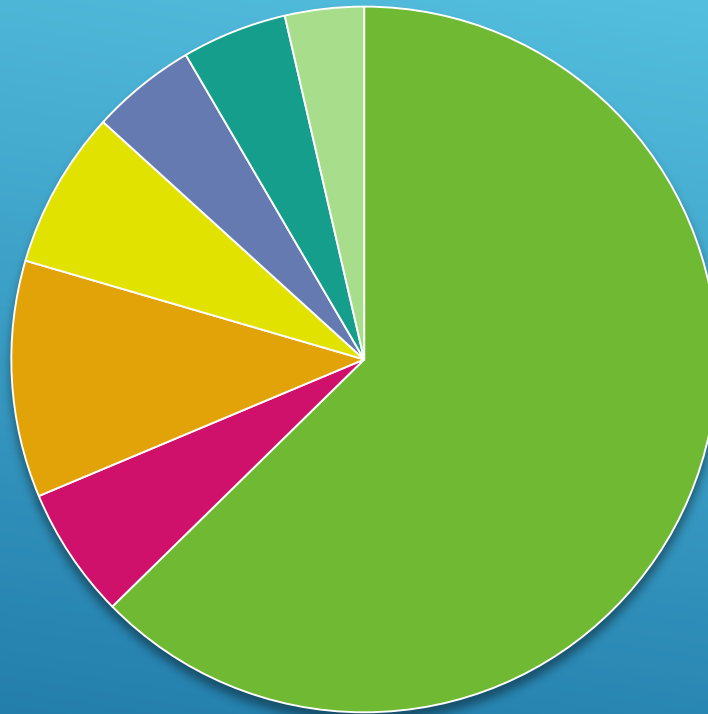
Decreased LOS

Improved patient
experience

Improved Quality of
Life

>515 patients 2016-2017

Specialty



- G.SURGERY
- VASCULAR
- UROLOGY
- THORACICS
- HEAD & NECK
- NEUROSURGERY
- OBGYN

PACU DATA

- ▶ 134 patients CPEX (26%)
- ▶ 373 patients no pre-operative risk assessment documented until day before or day of surgery. Some have nurse filled HSO's. (ASA)
- ▶ 174 patients untreated anaemia
- ▶ 152 (30.8%) patients low albumin documented
- ▶ 50% of patients requiring >48hrs PACU stay or re-admitted to ITU were anaemic pre-operatively

PACU DATA

AIMS:

- ▶ Gold Standard Peri-operative Care
 - ▶ Prehabilitation: Primary Care, Therapies
 - ▶ POAC: Optimisation and Risk Stratification
 - ▶ PACU: Improved delivery of care, ERAS compliance
 - ▶ Ward Care: education, ERAS Culture
 - ▶ Admin: Data collection systems and admin support, data in real time for actions in real time.
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- ▶ Evidence based gold standard perioperative care at all parts of the patient pathway
- ▶ Prehabilitation
- ▶ Patient empowerment
- ▶ Optimisation
- ▶ Decreased preventable complication rates
- ▶ PACU and ward care along ERAS principles
- ▶ Patients quality of life optimal
- ▶ Improved short and long term outcomes

WHAT DO I WANT AS A SURGEON?



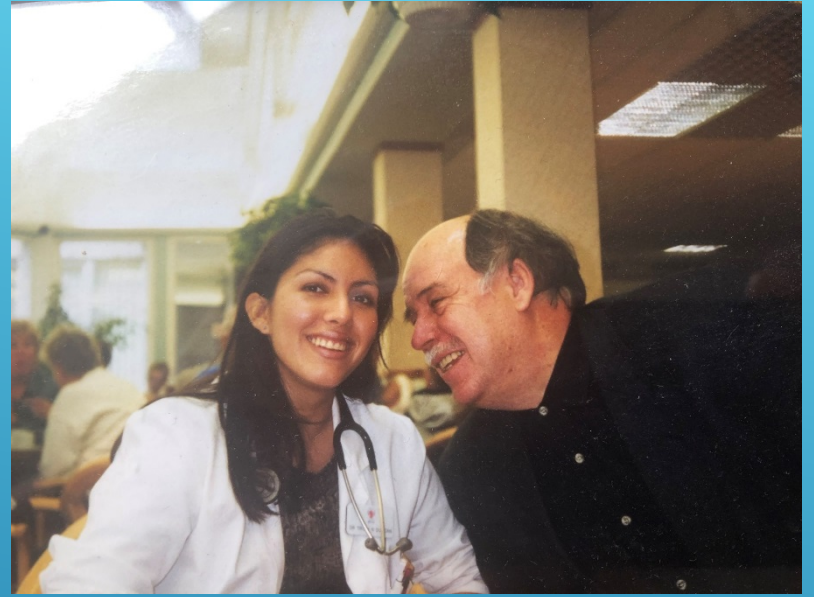
- ▶ Infrastructure
- ▶ A dedicated peri-operative care group with surgeons involved...we are a TEAM
- ▶ Cancer site specific pathways ie: some groups may require more nutritional input some more physiotherapy
- ▶ Data collection: how much data? what data standards?
- ▶ Data analysis and transparency
- ▶ Working together to raise the standards

HOW DO WE DELIVER THIS AMONGST OUR SPECIALTIES?

Set The Standards /Decrease Variation

STANDARDS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



THANKS