



Atrium Health

Patient Experience With Enhanced Recovery And Early Discharge For Minimally Invasive Sacrococpopexy: A Qualitative Study

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Disclosure

- I have no relevant financial relationships related to the content of this presentation to disclose.

Background

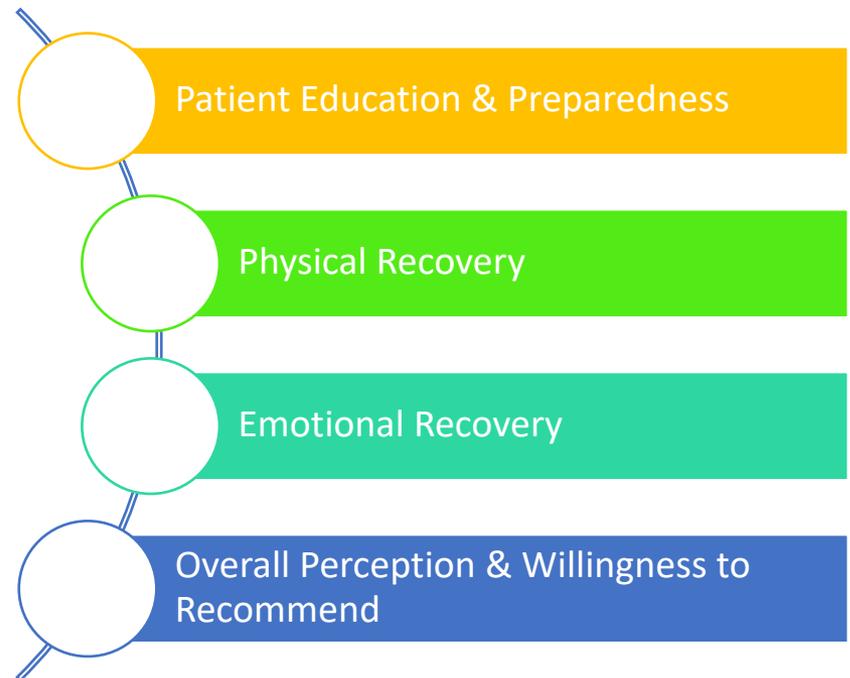
- Enhanced recovery programs were first introduced in the late 1990s to reduce the body's stress response during the perioperative period.
- Key elements of the program include:
 - Preoperative education
 - Reducing IV fluids
 - Minimizing opioids
 - Early ambulation
 - Early enteral nutrition
- The few studies that have been published investigating patient experiences with enhanced recovery involve colorectal oncology, gynecologic oncology, and pancreatic surgery.

Objectives

- To describe patients' experience with minimally invasive sacrocolpopexy within an enhanced recovery protocol.
- To compare patients' experience with same-day versus next-day discharge after minimally invasive sacrocolpopexy within an enhanced recovery protocol.

Methods

- Qualitative research design
- Semi-structured telephone interviews led by a non-clinical moderator
- Interviews were performed 2-6 weeks after hospital discharge
- Interviews were recorded, transcribed, and analyzed thematically. Results were reported as representative patient narratives



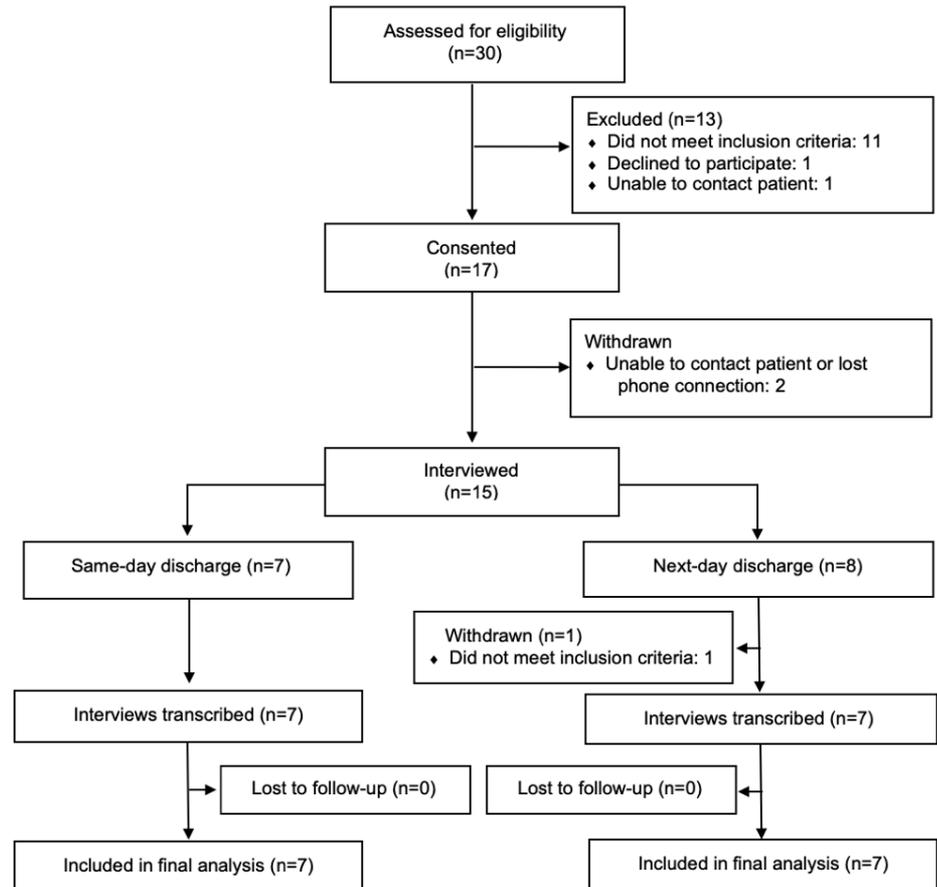
Methods

- **Inclusion Criteria:**

- Women undergoing minimally invasive sacrocolpopexy within an enhanced recovery protocol
- Discharged the same day or the day following surgery
- November 2018 – February 2019

- **Exclusion Criteria:**

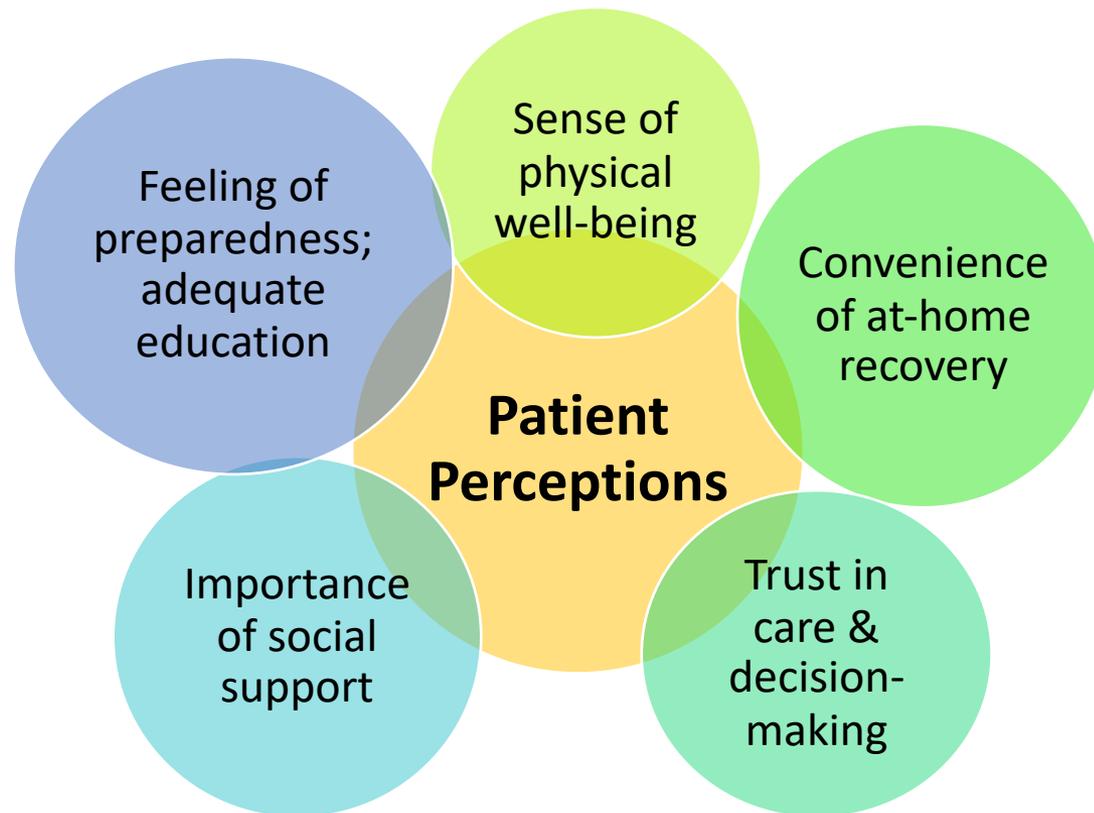
- Surgery outside of the enhanced recovery pathway
- Hospital readmissions before scheduled interview
- Significant postoperative complications



Results

- 14 patients completed the study
 - Same-day discharge (n=7)
 - Next-day discharge (n=7)
- Median Age: 65.5 years
- All patients reported an at-home caregiver after surgery
- Women discharged on the same day as surgery:
 - Spent more time in the post-anesthesia care unit (314.4 vs. 79.7 minutes, $p < 0.01$)
 - Were more likely to be discharged home with a Foley catheter (85.7 vs. 14.3%, $p = 0.03$)

Factors Impacting Patient Experience



Results – Education & Preparedness

- Less than half of participants (n=6) were aware they were part of an enhanced recovery protocol.
- Both groups felt well-informed about their procedures and were prepared for what to expect perioperatively
- Many patients cited the pamphlet given specifically to enhanced recovery patients as an important aspect of preoperative counseling.

“I received...the enhanced recovery after surgery information. I have it right here in front of me. Because it says save it and bring it to every office visit, so I do what I am told. [There is information] about planning before your surgery, which I did a lot of....I think it was great drinking that Gatorade.”

Results – Physical & Emotional Recovery

- Both groups reported largely positive experiences with physical and emotional at-home recovery.
- Neither group reported major physical problems post-discharge.
- One of the biggest challenges participants discussed was remembering to limit their physical activity.

“I ... came home and rested for a couple days. But then after that, I felt so good I wanted to go get up and do stuff to...make myself not.”

“My 2 sisters and I are caregivers for our 101-year-old mother.. The second week out of the hospital I went over and cared for her”

Results – Same-Day Discharge

- Same-day discharge patients felt they coped well with early discharge, denying a desire to stay in the hospital longer.
- When asked to reflect on their overall experience of returning home quickly, same-day discharge patients were happy to recover in their own space with the support of their loved ones.
- They were not worried about their ability to connect with a healthcare provider if necessary, and felt they had plenty of support from their providers post-discharge.
- Patients in the same-day discharge group spoke frequently about the challenges of returning home with a catheter.

Results – Same-Day Discharge

“I was actually very happy to come home that night and my family was also.”

“Oh, I was glad. I didn’t see no purposes of staying there... when the doctor told me everything was fine and that I did not have any trouble and that I could go... I was glad to come home, because you sleep better in your home I think.”

“I really did not want to go home with a catheter...I do think I would have done a lot better had I not had it...mentally it was that bad to me.”

“If I would have known that I would have had that [catheter], then I would have stayed overnight.”

“Well, the biggest problem that I had coming home, I had to come home with a catheter. That was probably the worst thing I have ever experienced.”

Results – Same-Day Discharge

- Support at home from friends and/or family while recovering was an important consideration.
- None of the participants returned home from surgery without a plan for assistance in place.

“I definitely could not have come home and been by myself. I needed help.”

“My husband is able to take care of me and is willing to take care of me...I can see that if somebody did not have that type of support that it would not be a good idea. I think that the support system that you have at home, you know, once you come home makes all the difference.”

“I am not sure if I would have done it if I did not have anybody.”

Results – Willingness to Recommend

- Both groups indicated they would participate in an enhanced recovery program again and would recommend it to others.

“I would recommend it...it made me more comfortable.”

“Yes, definitely...It’s nice to be prepared”

“Absolutely. I have already told people what a great experience I had.”

“Oh, absolutely. I think it has physically been proven to be effective and I think that it’d be crazy not to do something to help ease your recovery and make it easier on you physically.”

“You feel like you are in a more personal setting with the enhanced recovery.”

Conclusions

- Although few participants realized they were part of a protocol, all women reported benefit from enhanced recovery after minimally invasive sacrocolpopexy.
- All women felt prepared for surgery and at-home recovery, reporting few physical burdens after discharge.
- The availability of a caregiver at home should be thoroughly assessed preoperatively to ensure support needed by patients to successfully comply with early discharge goals.
- Targeted information regarding postoperative catheter management and coping may be beneficial for patients discharged the same day of a minimally invasive sacrocolpopexy.
- Future research is needed to translate these patient insights into objective outcomes that can be studied by quantitative study design.

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