A multicentre evaluation of quality of recovery following caesarean delivery

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on behalf of the ObsQoR Collaborators

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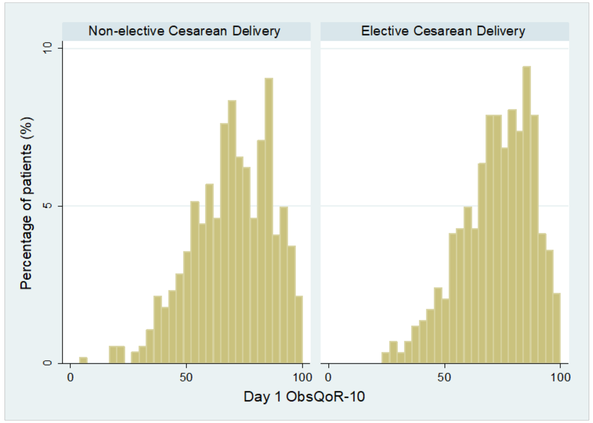
Background:

Caesarean delivery is the most frequently performed surgery worldwide . **Recovery profiles, population norms and outliers are unknown**. The aim of this study was to sample a **large cohort of women from multiple centres** in the UK to determine **recovery profiles and predict prolonged length of stay** or complicated recovery.

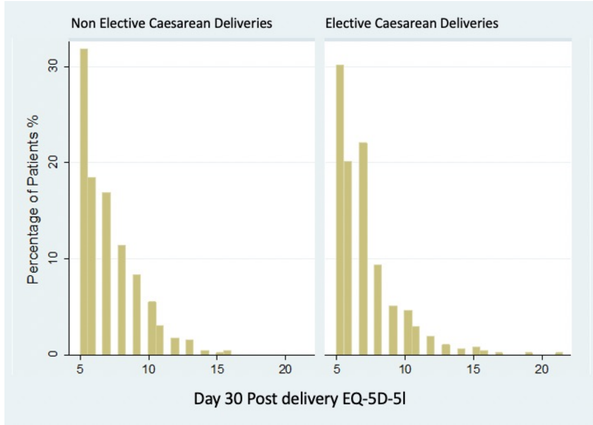
Methods:

Following ethical approval for 107 centers, eligible women at these institutions were screened, consented and enrolled at 18-30 hours following delivery during a selected 3-day study window. At day 1 and 30 following caesarean delivery, recovery was examined using validated measures: Obstetric Quality of Recovery-10 score (ObsQoR), EuroQoL quality of life (EQ5D-5L measured as composite score [5- 25 with lower score representing improved health state]) and global health visual analog scale (GHVAS) score [0-100]. We recorded hospital length of stay (LOS); unanticipated readmissions, investigations, pain scores and level of activity [0-10]. Correlation between day 1 ObsQoR-10 score, LOS and quality of life at 30-days postpartum were determined.

Histogram of Day 1 ObsQoR Scores



Histogram of Day 30 composite EQ5D Scores



Results:

We recruited 1167 patients who delivered via caesarean delivery (587 elective and 580 non-elective) There was a **correlation between day 1 ObsQoR score and LOS r=-0.293 (95% CI: -0.344- -0.244), p<0.001. Median [IQR]** ObsQoR scores for women with normal recovery were 75 [63-86] vs. 70 [57-82] in those with prolonged or complicated recovery P<0.001. Median [IQR] day 1 EQ-5D composite score was 11 [9-14] and GHVAS at day 1 and 30 were 65 [50-80] and 80 [70-90] respectively. Day 1 ObsQoR score and 30-day EQ5D and GHVAS correlations were r=-0.327 (95% CI: -0.389- -0.268), p<0.001 and r=0.276 (95% CI: 0.214-0.343), p<0.001, respectively. Pain scores at rest and movement at postpartum day 1 and 30 days were 4 [2-6], 6 [4-8] and 0 [0-1], 1 [0-3] respectively.

Discussion:

This study is the **first to comprehensively evaluate recovery following caesarean delivery in a large multicentre population.** The recovery profiles and population norms/outliers for **ObsQoR scores presented can be used to identify women that may have prolonged or complicated recovery**