SAME DAY DISCHARGE LAPAROSCOPIC HYSTERECTOMY: A SAFE, COST EFFECTIVE AND PATIENT FRIENDLY OPTION OFFERED BY THE LAPAROSCOPY UNIT AT BARNSLEY HOSPITAL

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Introduction

Hysterectomy is one of the commonest Gynaecological procedures and an increasing number are done by minimally invasive surgery. Minimally invasive surgery has been widely adopted for both benign conditions and cancer. Compared with open surgery or vaginal hysterectomy, it offers fewer complications, faster recovery, less hospital stay, earlier return to the usual activities, reduced pain and blood loss, less scars and improved cosmetic outcomes.

Objectives

The aim of the present study was to assess if the same-day discharge is feasible and safe after minimally invasive hysterectomy, to identify factors associated with same-day discharge and to evaluate patients satisfaction.

Results

Patient factor	Result
Age	**53%** < 50years, **47%** >50years (4 patients over 65)
BMI	**56%** BMI>30 (22% BMI>35), **44%** BMI<30
Surgical indication	**38%** - Endometrial cancer/pre-cancer/recurrent post-menopausal bleeding **17%** - Failed Mirena coil/endometrial ablation **12.5%** - Cervical cancer/precancer **12.5%** - Pelvic pain/adenomyosis **12%** - Other (pelvic mass/prophylactic for breast cancer) **8%** - Heavy periods/fibroids
Previous surgery	**25%** - Previous 1-2 caesarean section **12.5%** - Previous open surgery
Surgical time	**100%** - 90min and less
Major complications	**100%** - No major complications **100%** - Blood loss 100ml and less
Same day discharge	**82%** - Yes
Readmission rate	**100%** - No re-admission overnight. One patient returned with difficulty of passing urine and discharged with catheter
Same day discharge vs. Total number of laparoscopic hysterectomy rate	**41%** - Same day discharge laparoscopic hysterectomy

Discussion

Same day discharge laparoscopic hysterectomy was offered to a variety of patients. More than 50% of the patients were obese and almost 40% of the patients had previous abdominal surgery. The surgical indication was for benign conditions in approximately 50% of the patients and for suspected cancer, previous cancer or active cancer in the rest. The majority of patients had the appropriate day case hysterectomy information received in the Clinic (88%). The surgical time was less than 90 minutes and all patients received the enhanced recovery protocol. There were no major complications (e. g. return to theatre, blood transfusion, conversion to laparotomy, organ injury) during surgery and the blood loss was less than 100ml. 82% of the patients were discharged home on the same day with no overnight re-admissions. Among the reasons for the overnight stay were: unsatisfactory recovery (patient 78 years old), low blood pressure and change in the social circumstances. The response rate for the patients survey was 51.5%. All patients received analgesia to take home. All patients stated the care they received from the staff was excellent and over 75% of the patients considered their overall experience above expectations. Over 80% of the patients would recommend the same day discharge hysterectomy to a relative or friend. Over 40% of our laparoscopic hysterectomies are currently done as a daycase.

Methods

A retrospective study was conducted at the Gynaecology Department at Barnsley Hospital between September 2020 and August 2021. 33 patients were booked for a same day discharge laparoscopic hysterectomy. The patients records were evaluated for the surgical indication, patients demographics, operative time, hospital stay and post-operative complications. The study also included an anonymous patients satisfaction survey.

Patients satisfaction survey

Patient factor	Result
Happy with the decision of same day discharge hysterectomy	**88%** - Yes
Everything went according to the plan	**70%** - A lot better/Better **30%** - Satisfactory
Experience in the Recovery	**76%** - A lot better/Better **24%** - Satisfactory
Helpful staff to address the patients needs	**100%** - Yes Comments: Staff were amazing/Excellent staff
Happy to be discharged	**88%** - Yes **5%** - To some extent
Pain management 1st night at home	**82%** - A lot better/Better **5%** - Worse
Any concerns the following day	**53%** - No **47%** - Common (minor) post-operative problems
Overall experience	**76.5%** - A lot better/Better **17.5%** - Worse
Would you recommend it to a friend	**82.3%** - Yes **5%** - To some extent

Conclusions

Same day discharge laparoscopic hysterectomy can certainly be considered in a wide variety of patients. A careful patient selection should be followed, most importantly considering the patients risks and preferences.
Our study shows this procedure is a safe and cost-effective option with a very good patients satisfaction outcome.
Future work will concentrate on implementing the daycare hysterectomy as a routine practice and on improving further the patients satisfaction.

References
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