

Factors influencing post-operative length of stay in patients undergoing Total Laparoscopic Hysterectomy

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Objective

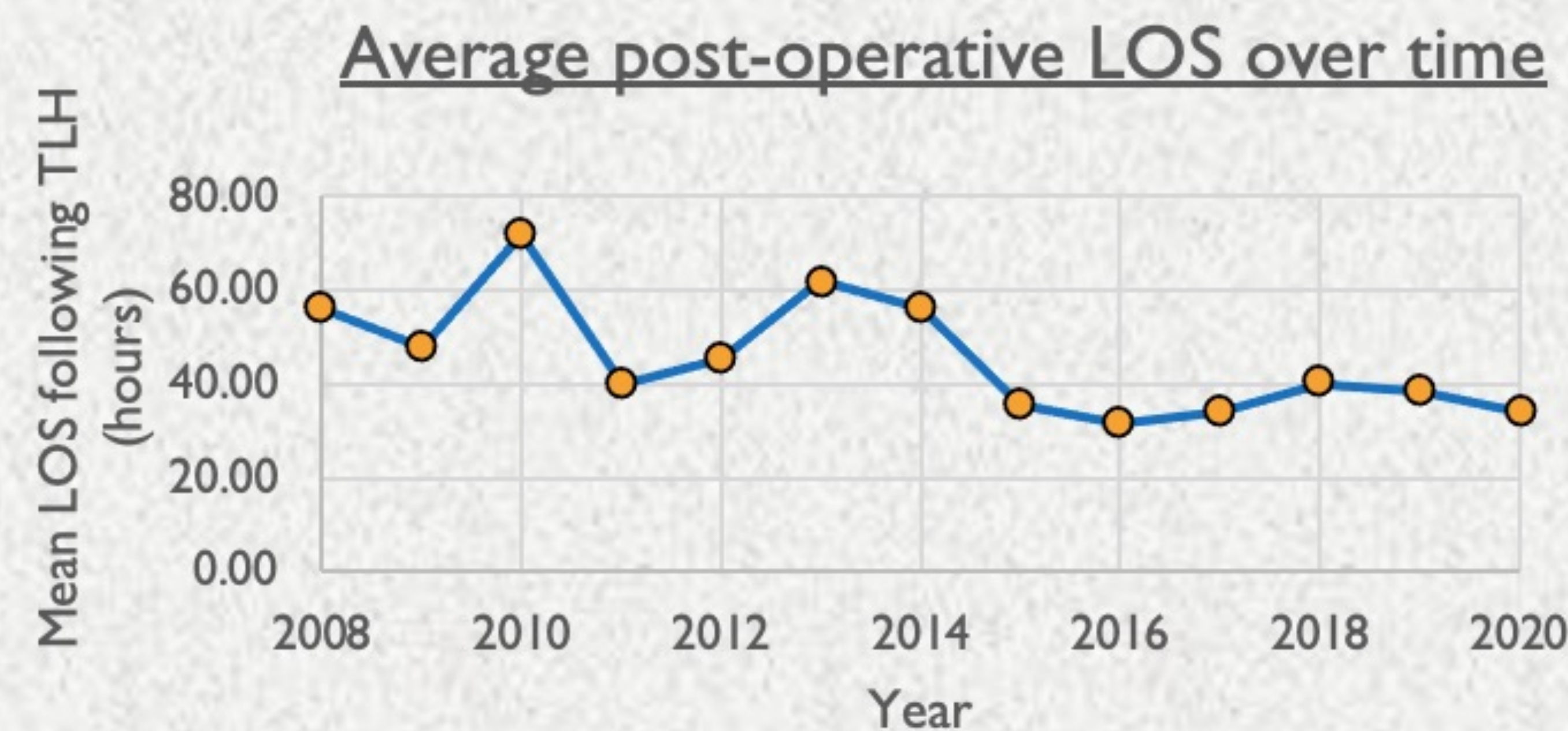
- Evaluate the trend in post-operative length of stay following Total Laparoscopic Hysterectomy (TLH) over time
- Identify peri-operative variables conferring to increased length of stay

Methods

- All patients undergoing TLH under the care of single surgeon at a large UK centre between 2008-2020 were identified.
- Operating notes reviewed retrospectively.
- Data collected on patient age, body mass index (BMI), and total in-patient length of stay (LOS).
- Statistical significance accepted at $p < 0.05$.

Results

- N = 574
- Between 2008 and 2020, mean LOS following TLH decreased from 56 to 34 hours.
- Patients aged ≤ 50 years on average stayed in hospital for a significantly shorter time compared to those over 50 years (33.8 vs 46.1 hours, $p = 0.001$).
- Patients with a BMI < 24.9 kg/m² had a significantly shorter LOS compared to those with a higher BMI (33.6 vs 44.7 hours, $p = 0.001$).



Conclusion

- Decrease in post-operative LOS following TLH over a 12-year period is likely a reflection of increasing surgeon experience.
- Whilst laparoscopic surgery is accepted as generally conferring shorter LOS in comparison with a traditional open approach across all patient populations, our data would suggest that women ≤ 50 years with normal BMI benefit most from adopting a laparoscopic route.
- This is an important point for patient counselling, theatre list and bed planning, and even patient selection in centres offering day case TLH.