When ERAS Meets DROP: A Preliminary Study of Bariatric Surgery Readmission at Metropolitan Hospital

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INTRODUCTION

During recovery from bariatric surgery (BS), preventable immediate postoperative emergency department (ED) visits and hospital readmission (HR) occur for various symptomology; however, reducing ED visits and readmission is crucial for improving patient outcomes and resource utilization.[1-3,9,10]

Study Aim: evaluate BS postoperative ED presentation and decrease 30-day readmission from 3% in 2023 to 1.5% by December 2024 via Discharge Reassessment and Outreach Program (DROP) discharge phone calls[4,8,11] and Enhanced Recovery After Surgery program (ERAS).[5-7]

METHODS

- ERAS and DROP protocols began Jan & May '24
- 1st and 2nd DROP discharge phone calls made 3-4 days and 3 weeks postoperatively
- Staff received in-service training for both protocols
- Educational BS videos in English and Spanish

DATA COLLECTION & ANALYSIS

- Control: 3% 2023 readmission rate
- 30-day postop ED visits, readmission, and DROP phone calls were analyzed monthly
- Data was exported from EPIC to Snowflake, a database query for collection and analysis
- Equity Lens: readmission rate analysis between English-speaking and non-English-speaking patients

DISCUSSION

Initiation of DROP phone calls in addition to ERAS protocol led to a significant decrease in 30-day readmission rates in all patients (Table 1, Figure 1) with no readmissions in Jul and Aug '24. Implementing the DROP discharge phone call in 3-4 days and 3 weeks post-op reduces the number of ED visits related to bariatric surgery within 30 days. Non-English-speaking patients readmitted more than English-speaking patients.

CONCLUSION

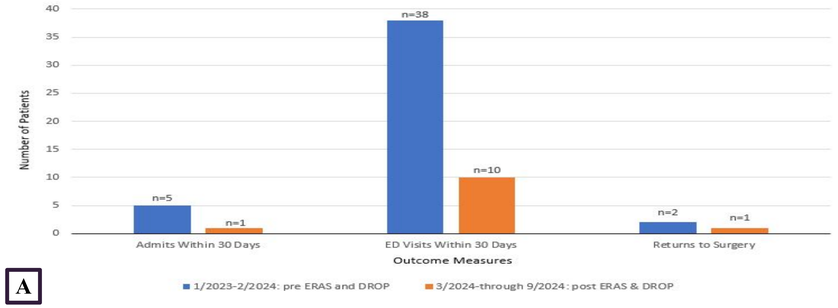
Initiation of the ERAS and DROP protocols minimized ED visits and readmission 30 days post-BS. DROP discharge calls and a dedicated care team improves patient outcomes, safety, experience and overall satisfaction.

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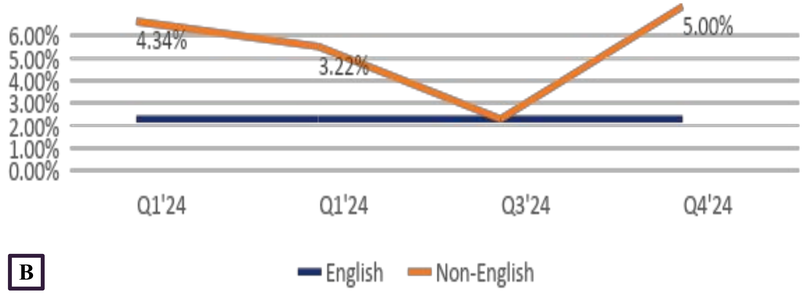
RESULTS

Comparison of Outcome Measures: Pre v Post ERAS and DROP



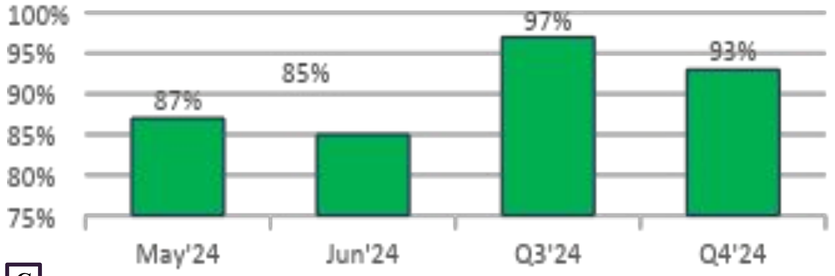
A

Percentage of Readmission in 30 Days: English v Non-English Speaking



B

Percentage of DROP Discharge Phone Calls: DROP 1



C

DROP 2

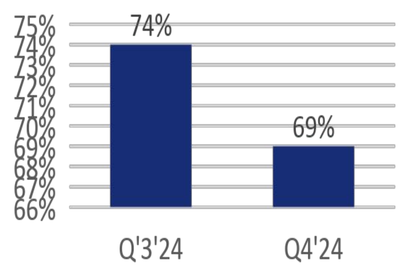
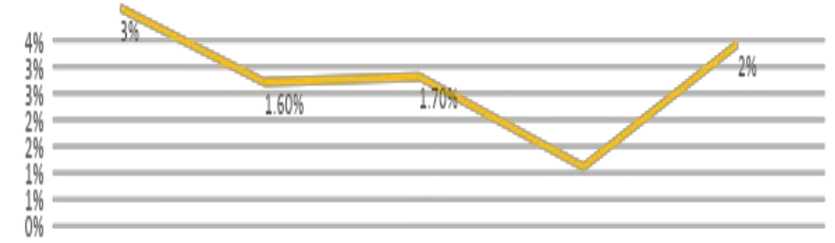


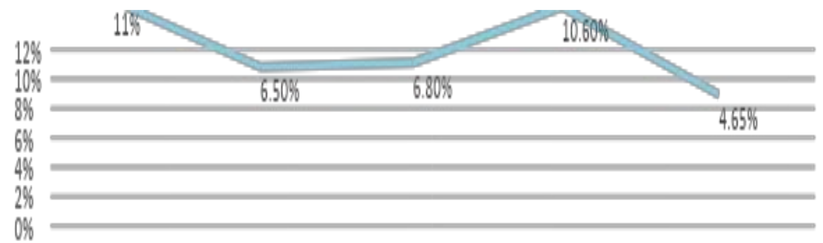
Figure 1. A) Compared to 2023, implementation of ERAS and DROP decreased hospital readmissions, ED visits and returns to the OR within 30 days of bariatric surgery. B) DROP 1 and 2 phone calls with highest percentage of calls made in Q3'24. C) Readmission downtrended in Q1'24 and Q3'24 with 0 readmissions in July and Aug '24. D) Downtrending ED visits for Q1'24 and Q2'24. E) Non-English-speaking patients have more readmissions.

Percentage of Readmissions in 30 Days



D

Percentage of ED Visits in 30 Days



E