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Same-day discharge following laparoscopic cholecystectomy and inguinal hernioplasty: Challenges in tertiary care institute of North India

Introduction: Same-day discharge defines a situation when a patient is admitted for some listed planned surgical procedure and discharged home on the same calendar day (1). This study aimed to evaluate the feasibility of same-day discharge of patients after laparoscopic cholecystectomy and laparoscopic inguinal hernioplasty in a tertiary care institute of North India.

Methods: A prospective observational study was conducted from June 2020 to May 2021 in the Department of general surgery. This study included all cholelithiasis and inguinal hernia patients who had no previous medical or surgical complication, with ASA grade 1 or 2 and whose travelling time from home was less than 60 minutes. The Patients who had a drug history of anticoagulant drugs, chemotherapy for various causes and immunocompromised, psychiatric, and pregnant patients were excluded from this study. Postoperative complications and feasibility of discharge were monitored with the MPADSS scoring system.

Results: Eighty-five patients were counselled for same-day discharge before laparoscopic surgery, out of them 21 (24.7%) patients were enrolled. Only 6 (29%) cholelithiasis patients were discharged successfully after surgery. Remaining 15 (71%) patients were unable to discharge due to intraoperative bleeding 2 (9.5%), bile leak from the liver bed 1 (4.8%), pain 4 (19%), lack of confidence regarding postoperative care 6 (28.5%) and social factors 2 (9.5%). Among all, 29% of patients were satisfied and agreed to advise others, 19% of patients were satisfied but preferred inpatient care and 52% of patients were dissatisfied with same day discharge protocol.

Discussion: Tabela et al and Ekwunife et al study on laparoscopic cholecystectomy have shown 22% and 41% successful discharge on the same day and similar to our study (2,3). Wideraja et al study of 100 patients in Switzerland showed half of the patients prefer overnight stays. Pujahari's study of 1029 patients has shown 96% of patients had overnight stays even after the fitness of same-day discharge. Because they have assumed to accept more psycho-social confidence and happiness following the overnight stay. (4)

Conclusion: In India, due to an overburden on health care centre's, it is necessary to incorporate same-day discharge after laparoscopic cholecystectomy and hernioplasty. Postoperative home care, however, may be challenging for patients in North India due to fears of postoperative complications. The patients are more compliant with overnight hospital stays and are discharged the next morning. The success of this system is likely to depend on a variety of factors, including social factors, complicated surgeries, the infrastructure of hospitality, counselling and the experience of surgeons.

References:
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Limitations: The results for two indications of surgery under the same-day discharge criteria may differ according to location, level, and type of tissue dissection in the abdominal wall or intraperitoneal space.