Breast Cancer Surgery
Default to Day Case

Why reduce the length of stay (LOS)?

- Minimal pain
- Care in the community
- Reduce the hospital acquired infections
- Better recovery in home environment
- Less DVT
- Bed availability
- Financial gains
- Best practice tariff
LOS

Average LOS in 2010 - 2.7 days
Identified Problems

- Patient expectations
- Lack of confidence – drains
- Change of culture
- Nausea and vomiting

Solutions

- Patient education
- Educating the nurses
- Minimal use of morphine based analgesia – pre-/ intraop analgesia
- District nursing cooperation
- Protocols for nurse led discharge
- Mechanisms for addressing the post op problems
- Scheduling of the lists
In Addition......

- Patient leaflets
- Mention the LOS in the letters
- GP involvement and education

Achievement

- LOS of 0.81 in 2012
- Over 80% breast conserving operations on day case basis
- Over 80% mastectomies and axillary clearances on 1 overnight stay basis
- Fixed term appointment of ERAS nurse- non recurring grant by the network and NHS England, based on the achievements
Achievements

- Current LOS 0.6 days
- Over 95% breast conserving operations done on day case basis
- Over 75% mastectomies and axillary clearances done on day case basis

Solutions

- Patient education
- Educating the nurses
- Minimal use of morphine based analgesia- pre-/ intra-op analgesia, use of local anaesthetic
- Protocols for nurse led discharge and district nurse involvement
- Mechanisms for addressing the post op problems
- Scheduling of lists- mastectomy patients at the beginning of the lists, then the WLEs and reconstructions at the end
Key to successful implementation

- Coordinated pre op assessment and optimisation of health- Pre op nurses, Surgeons, anaesthetists, Breast Care Nurses
- Patient education-addressing the expectations, explaining the whole process
- Modification in anaesthetic and analgesic protocols
- Robust postoperative support

And excellent team work
What do the Patients Say!

Positive feedback from the patients

Word of mouth

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