


Patient Education, Recovery and Discharge

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1




Disclosures

- None

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2




Learning points

- Discharge planning starts at scheduling
- Patient education is part of discharge planning
- Prehabilitation
- Enhanced recovery pathways

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3




Successful discharge planning

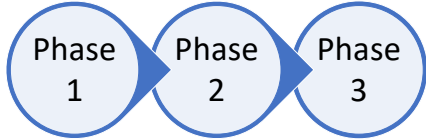
- Patient meets discharge criteria
- Patient expectations managed
- Management plan for minor postoperative complications
- Caregiver and social considerations
- Postoperative follow-up appointments/information
- Recovery and rehabilitation plan

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4




Discharge Criteria

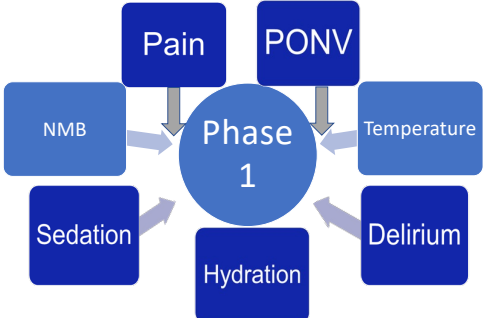


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5



Phase 1 recovery

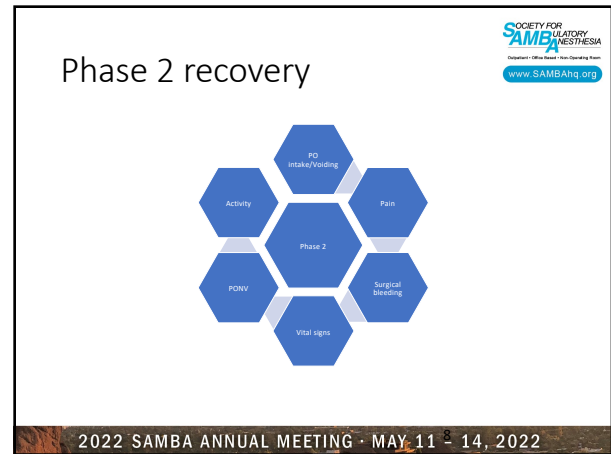


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6



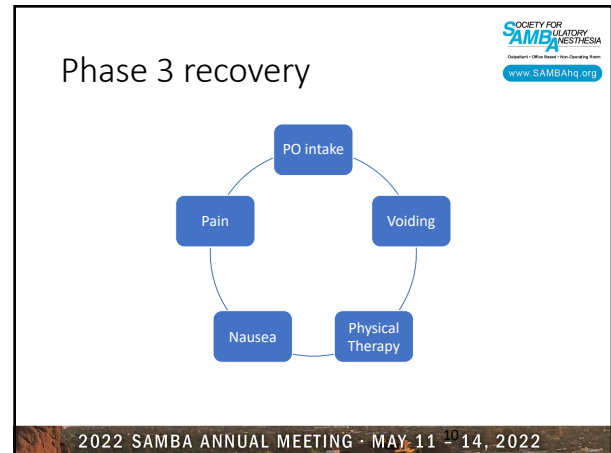
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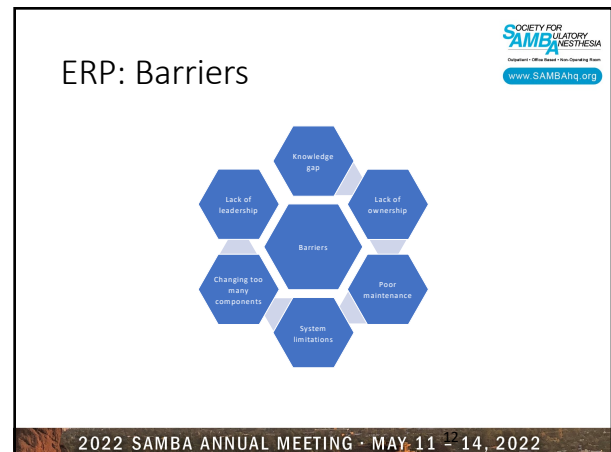
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Enhanced Recovery Pathways

- Multidisciplinary, Evidence based
- Shown to reduce postoperative complications and accelerate recovery
- Minimize care variability
- Improve perioperative outcomes
- Potentially reduce costs

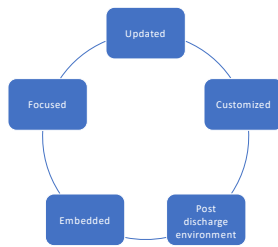
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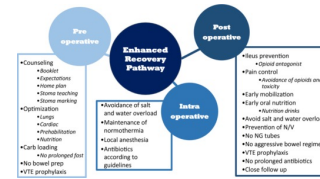
ERP: Considerations



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13

Enhanced recovery after surgery review and usology applications in 2020

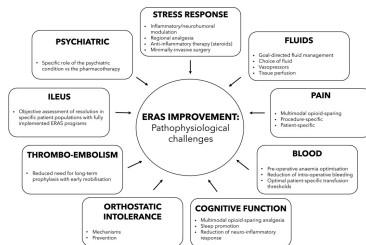


BJO Complex, Volume 1, Issue 1, Pages 5-16, First published: 17 March 2020, DOI: 10.1002/bjo.2

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14

Enhanced postoperative recovery: good from afar, but far from good?



Anaesthesia, Volume: 75, Issue: S1, Pages: e54-e61, First published: 05 January 2020, DOI: 10.1111/anae.14860

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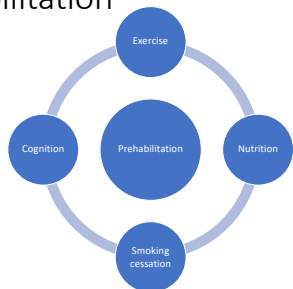
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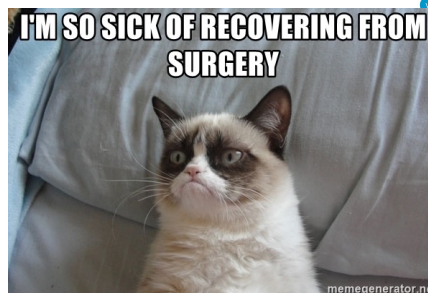
16

Prehabilitation



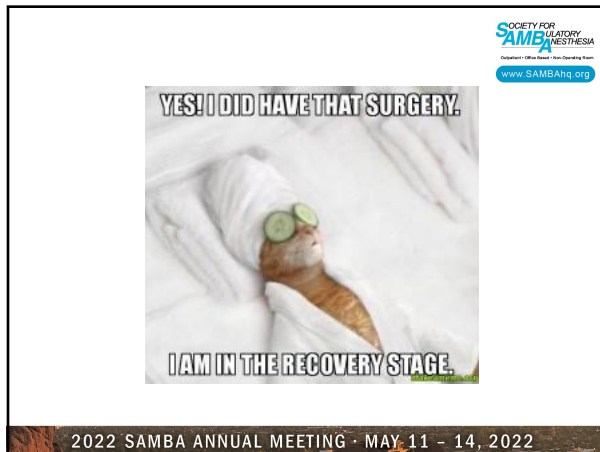
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17



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18



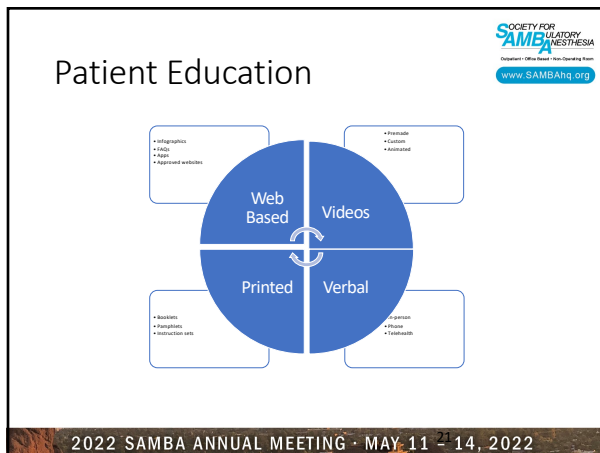
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Patient Education

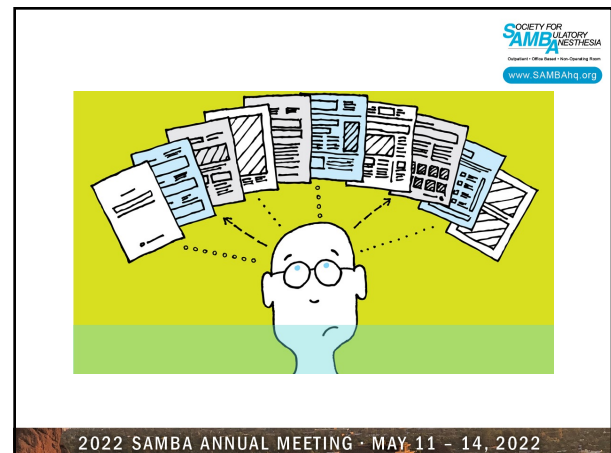
- Health literacy
- Overall literacy
- Types of material
- Reminders
- Assess comprehension
- Simple and short
- Patient perspective

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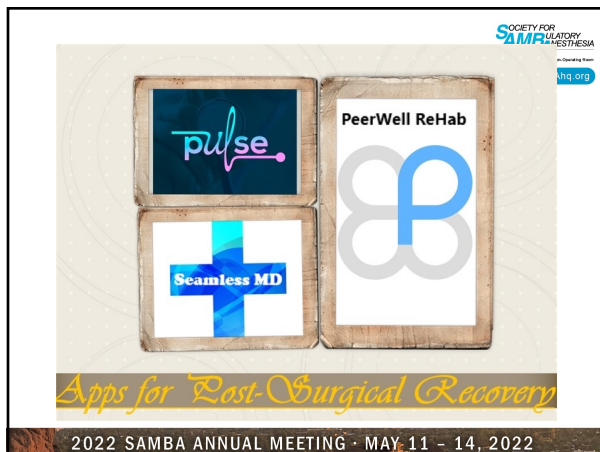
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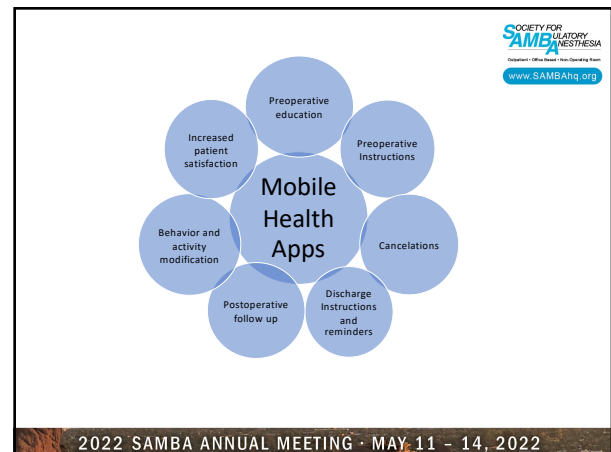
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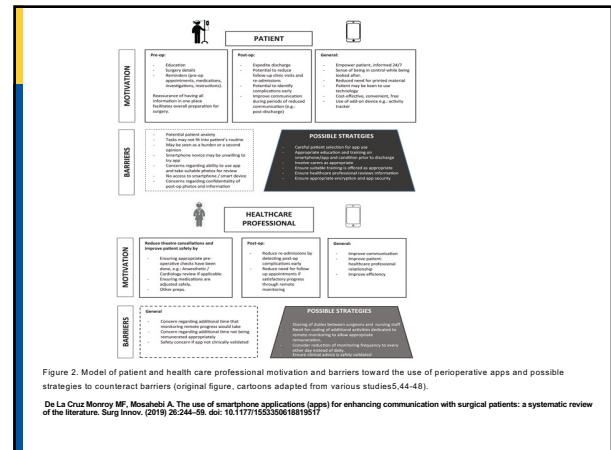
24

Mobile Health App Limitations

- Privacy concerns
- Limited use by elderly
- Limited use by higher socioeconomic groups
- Practitioner resistance
- Too many apps!

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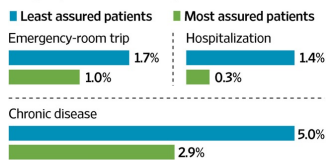
25



26

Who's Next?

Patients who say they lack the confidence and knowledge to manage their health are more likely to need some form of care than their more assured peers. The percentage of the following among the two groups over a 12-month period:



Source: Health Services Research, August 2016, based on a Fairview Health Services survey of 98,000 patients
THE WALL STREET JOURNAL.

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27

Summary

- Discharge planning begins at the time of scheduling
- Prehabilitation
- Patient education
- Expectation setting
- Enhanced Recovery Pathway

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28

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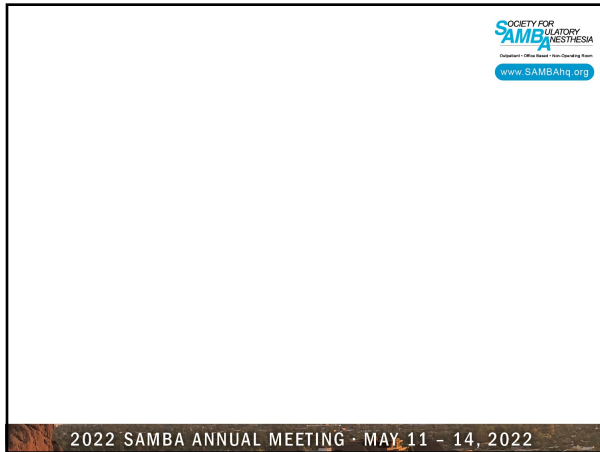
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29

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30



31