

Patient Education, Recovery and Discharge

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Disclosures

- None

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Learning points

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

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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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Discharge Criteria

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Phase 1 recovery

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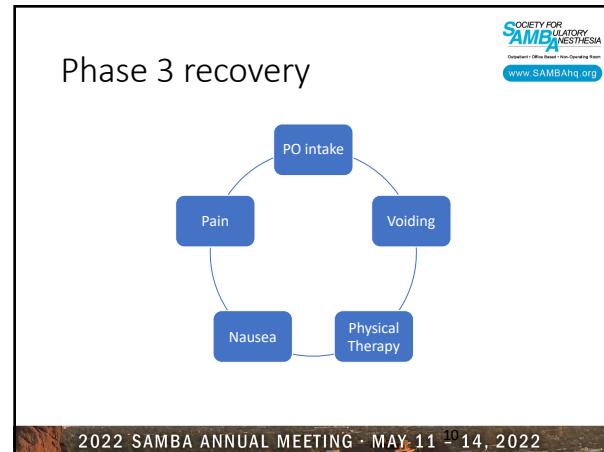


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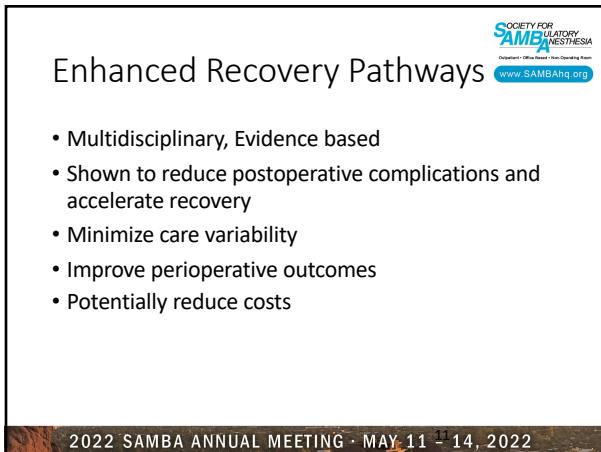


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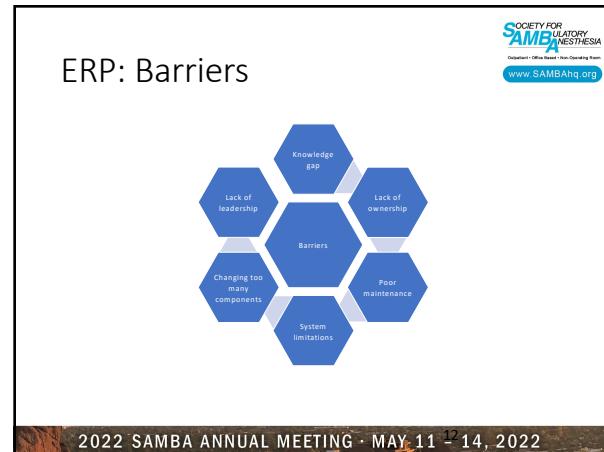
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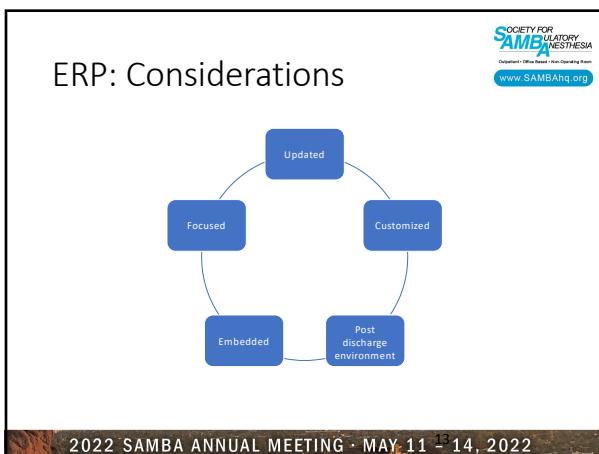
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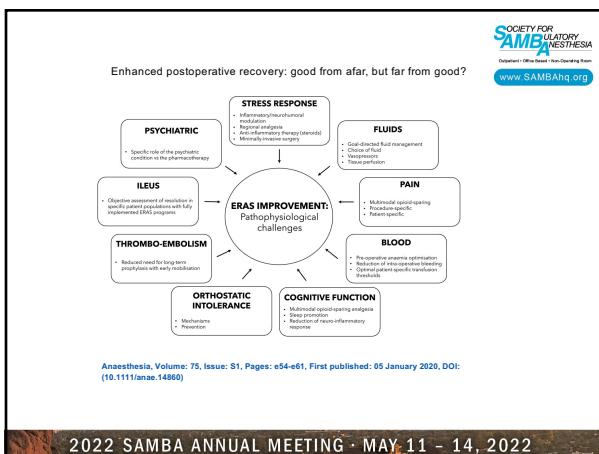
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Anaesthesia, Volume: 75, Issue: S1, Pages: e54-e61, First published: 05 January 2020, DOI: (10.1111/anae.14860)

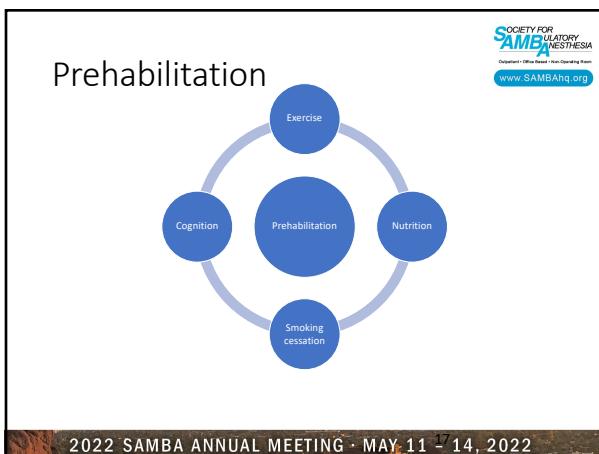
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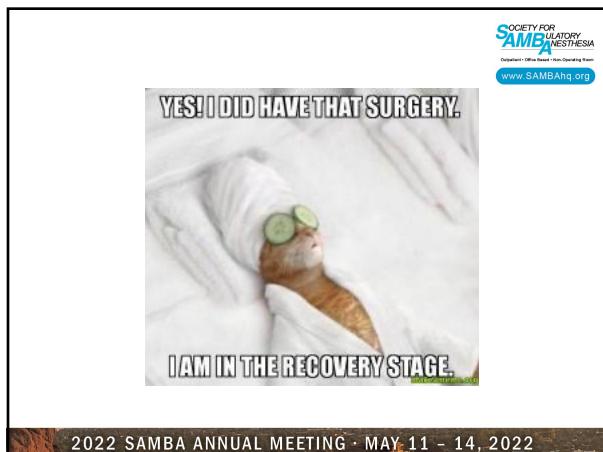
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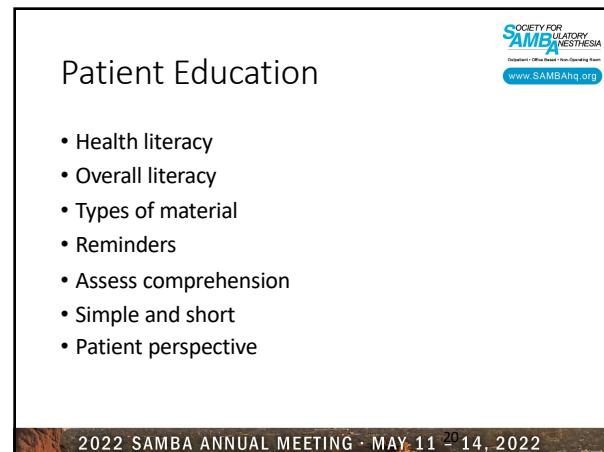


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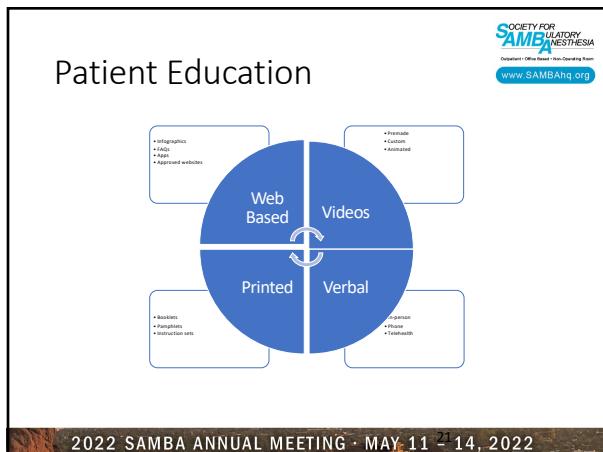
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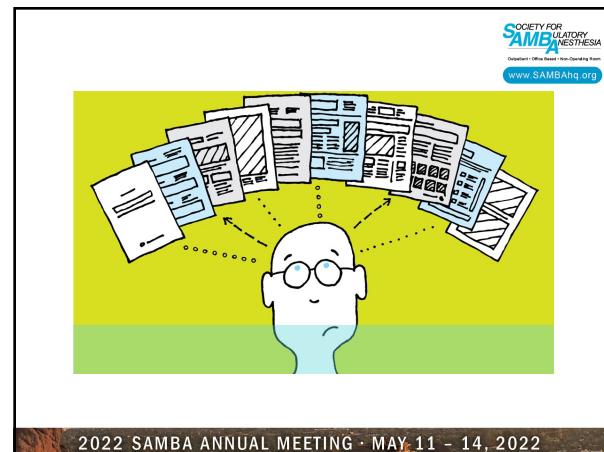
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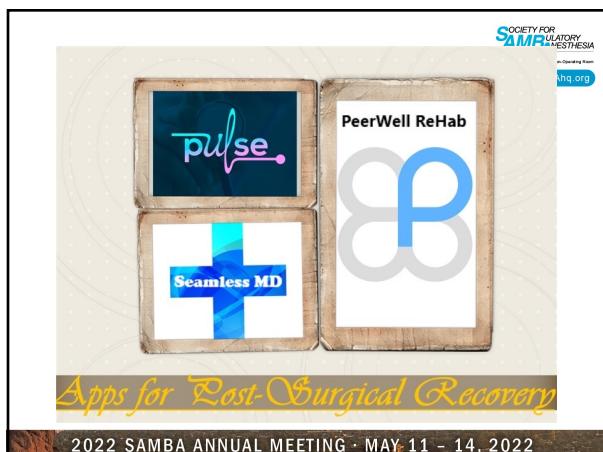
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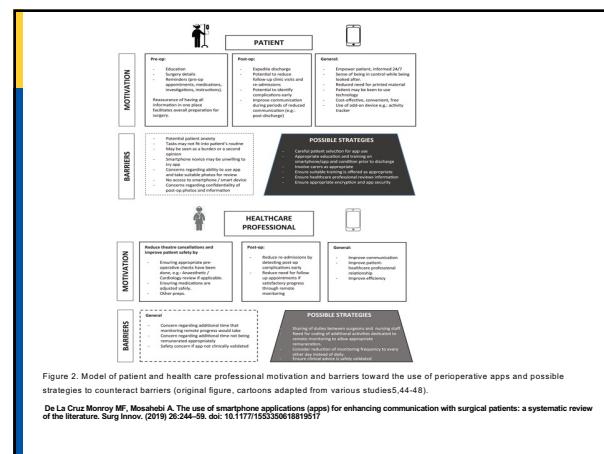
Mobile Health App Limitations

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

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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:

■ Least assured patients ■ Most assured patients

Emergency-room trip	17%	Hospitalization	14%
Chronic disease	5.0%		
Source: Health Services Research, August 2016, based on a Fairview Health Services survey of 98,000 patients	10%	0.3%	2.9%

THE WALL STREET JOURNAL.

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Summary

• Discharge planning begins at the time of scheduling

• Prehabilitation

• Patient education

• Expectation setting

• Enhanced Recovery Pathway

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