




Perioperative Medicine at Portsmouth

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RCOA CPOC LEADS DAY MAY 7TH 2024



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- ▶ CPET service - available 1 x week for surgical pts
 - ▶ Surgery School - established in 2018
 - ▶ Enhanced Care Unit for Elective ortho pts
 - ▶ Trainee peri-op medicine module well established with clear guidance on requirements for sign off
 - ▶ All-day Consultant pre-op assessment clinics 5 days per week - developing database of 'waiting well' - EFS/Stop-Bang/DASI scores calculated pre-op to allow risk stratification
 - ▶ Prehab for oesophagectomy pts - in development with Portsmouth University
 - ▶ WatchPAT for ?OSA pts
 - ▶ Fortnightly pre-op Geris clinic starting in May, with some post-op input being discussed - possibly joining POPS network
 - ▶ Major Head and Neck ERP under development - longest elective post-op LOS currently

Surgery School

- ▶ Pt education session to empower patients to optimise health
- ▶ Initially major abdo – now open to all – renal, H&N, complex hernias, lung
- ▶ Total referrals – 2159
- ▶ Total seen 1850 (86%), DNA 280 (13%), declined 29 (1%)
 - ▶ Group session - 1427 (77%)
 - ▶ Individual Session – 103 (5%)
 - ▶ Via Phone – 302 (16%)
 - ▶ Via Website alone 18 (1%)

Enhanced Care Unit

- ▶ All high risk elective ortho – ICU – led to 20% DOS cancellation
- ▶ 6 month audit of Level 1/1+ – minimal interventions – 0.94 day stay
- ▶ 4 bed bay on elective ortho ward June 2021
 - ▶ 2:1 nursing ratio
 - ▶ No invasive monitoring or vasopressors
 - ▶ Daily consultant ward rounds
 - ▶ Extra training and comprehensive guidelines
 - ▶ Must be referred to anaesthetic clinic by surgeons

Results

- ▶ 196 patients admitted to ECU in 15 months
- ▶ Average LOS 24.9 hrs
- ▶ DOS cancellation rate 2.7%
- ▶ 4 unplanned admissions to ICU
 - ▶ 1 VF arrest on table, 3 vasopressor requirement
- ▶ Problems successfully dealt with:
 - ▶ Hypotension
 - ▶ Pain control
 - ▶ Urine output