

THE VALUABLE ROLE OF PERIANESTHESIA NURSING IN FAST TRACKING MINIMALLY INVASIVE THORACIC SURGERY PATIENTS

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The Video Assisted Thoracoscopic Surgery (VATS) is a minimally invasive surgery to perform thoracic procedures. Compared with a traditional thoracotomy, VATS may provide patients with a lower rate of morbidity and mortality, a shorter length of stay, and earlier return to regular activities.¹ The medical staff started the VATS in INOVA Fairfax Hospital and patients were admitted to the hospital initially. A program was developed based on evidence based practices/ best practices for ambulatory care practices.^{2,3} A program was started and the role of the Cardiovascular Perianesthesia Nurse was valuable in fast tracking minimally invasive thoracic surgery patients. The objective of this project is to evaluate the role of the perianesthesia nurse in facilitating early ambulation and discharge of VATS patients to home.

Four years ago, the vision and strategic plan of the VATS Outpatient Program was expanded with the involvement of the perianesthesia nurses. A multidisciplinary team developed a clinical pathway to map the care plan for this population.

The multidisciplinary collaborative management and nurses' implementation of the early ambulation activities contributed to the success of the VATS Outpatient Program. The patients' average LOS was reduced to 4.5 hrs. The number of patients increased from 98 in 2009 and 177 annualized volume in 2012. About 95% were discharged to home.

The VATS Outpatient Program provided perianesthesia nurses an opportunity to be engaged in a multidisciplinary team to improve patient care. Nurses are committed in ensuring that their patients receive an individualized care until they are discharged to home.

References:

1. McKenna, Robert, 2012 [//POSTOPERATIVE MANAGEMENT AFTER VIDEO-ASSISTED ... www.expertconsultbook.com/.../ob/linkTo?type... - Cached](http://www.expertconsultbook.com/.../ob/linkTo?type...)
Chapter 3 - Preoperative Evaluation of **Thoracic Surgery Patients ... Early ambulation** (three times a day in the hallways, starting on postoperative day 1) ... Accessed 10-12-2012.
2. Perme, Christiane and Chandrashekar, 2009, Early Mobility and Walking Program for Patients in Intensive Care Units: Creating a Standard of Care 18: 212-221 doi: 10.4037/ajcc2009598