

Same Day Discharge Gastric Sleeve with Addition of Virtual Health Monitoring

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Background Information: Currently surgeons perform gastric sleeve surgeries, which had a 100% admit rate post-operatively. Patients stay for an average of 3-7 days to be monitored for fluid intake, oxygen saturations and supplemental oxygen requirements. During COVID-19 many patients were set up with virtual monitoring to watch their oxygen saturations and oxygen requirements to make space on the inpatient floors for patients who required a higher level of care. These virtual monitors avoided hospital admissions and allowed providers and staff to keep a close eye on patients who needed minimal support and care. It was quickly realized that gastric sleeve patients are mainly kept in the hospital to watch oxygen saturations and in most cases are discharged with oxygen despite a 3-7-day stay to wean from oxygen.

Objectives of Project: The purpose of the same day gastric sleeve surgeries (SDD Sleeve) is to avoid admissions. Surgeries started in November 2021 and data collected up until February of 2023. Virtual Health Monitoring was approved and added in August 2022.

Process of Implementation: Developed an order set and agile pathway from pre-admission all the way through patient discharge. Educated staff, surgeons and patients on processes, orders and equipment.

Inclusion

- Age 18-60
- No revision surgery
- BMI < or equal 50
- Surgical duration < 2 hours
- Must be supervised for 48 hours after surgery

Exclusion

- Patients with severe sleep apnea or CPAP use
- Patients with other significant comorbidities
- Patients with impaired mobility
- Patients who live more than 30 miles away from hospital
- Patients at high risk for no follow-up
- Friday cases

Statement of Successful Practice:

- 25 patients were scheduled to be go home same day
- 21 patients (95%) successfully went home same day
- 1 patient (5%) got re-admitted on post op day 2
- 4 patients (16%) were admitted (pain, nausea, too late to be discharged home with oxygen, difficult airway upon intubation in the OR
- 5 patients were designated to use VHM.
- Inpatient gastric sleeves post- operative stay = 3-7 days.
- 63- 147 hospital days saved

Implications for Advancing the Practice of Perianesthesia Nursing: Reduce unnecessary hospital admissions while still providing safe and effective monitoring and care. Improved care coordination and collaboration.

This was a huge shift in PACU practice as we now have multiple service lines doing same day discharges for patients who historically only got admitted.