**Same Day Discharge Gastric Sleeve with Addition of Virtual Health Monitoring**

**Sonja Welter BSN, RN, CPAN; Erin Shelly BSN, RN; Sarah Lewis MSN, RN, CCRN, SCRN, CNRN**

### Background
- Prior to 2020 gastric sleeve surgeries at University of Colorado Hospital had a 100% admit rate post-operatively. Patients stayed for an average of 1-3 days to be monitored for fluid intake, oxygen saturations and supplemental oxygen requirements.
- During the height of the pandemic, stable COVID-19 patients were being discharged with virtual monitoring (VHM) to watch their oxygen saturations and oxygen requirements to make space for patients who required a higher level of care. These virtual monitors avoided hospital admissions and allowed providers to keep a close eye on patients who were recovering from COVID-19 in the comfort of their own home.
- Due to hospital capacity issues from COVID-19, elective surgeries such as gastric sleeves were put on hold. It was quickly realized that gastric sleeve patients could benefit from VHM, allowing them to have their surgery and safely discharge home same day with continuous virtual monitoring.

### Inclusion
- Age 18-60 with
- Primary bariatric procedure (no revisions)
- BMI < or equal to 50
- Anticipated surgical duration < 2 hours
- Must have individual at home to supervise for 48 hours after surgery
- Demonstrates understanding of Remote Monitoring Devices

### Exclusion
- Severe Sleep Apnea or recommendation of CPAP use
- Significant medical comorbidities (severe diabetes, CAD)
- Impaired mobility
- Out of State patients
- Patients with poor cell service
- Patients at high risk for no follow-up
- Friday cases

### Objectives
- Avoid hospital admissions due to capacity issues
- Enhance recovery post-gastric sleeve surgery
- Provide support, care and monitoring upon discharge

### Process Implantation
- Developed an order set and agile pathway from pre-admission through patient discharge.
- Educated staff, surgeons and patients on processes, orders and equipment.

### Virtual Health Monitoring
- **What is Remote Patient Monitoring (RPM)?**
  - Recovering from the comfort of your own home is shown to help the healing process and overall wellbeing.
  - The device will be Bluetooth paired to an app that collects the vital signs and a Virtual Health Tech (VHT) will monitor for any alerts 24/7.
  - The patients will also complete a daily check in via the app each day while wearing the device and these answers are recorded by the VHT.
- **Postoperative enrollment (Day of surgery)**
  - Patient will be admitted into a virtual inpatient bed after they are discharged from the hospital via smart phone sent home with patient.
  - PACU RN verifies with VHT that all vital signs are visible
  - VHT calls patient at home to complete intake call and review program expectations.
- **Postoperative Clinic Follow Up (1 Week)**
  - Patient contacted by Surgical Weight Loss APP via phone 2 days post-op
  - Scheduled 7-10 days post-operatively for assessment by surgeon or APP

### Education
- Tip sheets created and provided with each Same Day Discharge Gastric Sleeve patient to keep at the bedside as a reference for the PACU RN
- Super Users identified and available during the days when surgeries are completed

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**Statement of Successful Practice**

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- Avoid hospital admissions due to capacity issues
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- Provide support, care and monitoring upon discharge
- Developed an order set and agile pathway from pre-admission through patient discharge.
- Educated staff, surgeons and patients on processes, orders and equipment.
- Reduced unnecessary hospital admissions while still providing safe and effective monitoring and care.
- Improved care coordination and collaboration.

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**Virtual Health Center Escalation Pathway for Gastric Sleeve RPM**

**Length of Stay**

- Average LOS in PACU for SOD gastric sleeve: 5 hours 21 min
- Average LOS inpatient gastric sleeve: 1-3 days

**Hospital days FREED up for others**

- Patients who successfully went home: 21 days
- Patients who were admitted: 21-63 days!