



A study on Day care surgeries in JLNMC, Bhagalpur

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ABSTRACT

Aim: Day care surgery is the surgery that does not require an overnight hospital stay. Patient is discharged within 24 hours. We aim to study the different day care surgeries performed in JLNMC, Bhagalpur. **Materials and Method:** In this study, 100 cases of day care surgeries were taken with any age. Study was done in surgery department of JLNMC, Bhagalpur, Bihar from October 2016 to March 2017. All cases were registered fulfilled the inclusion criteria and exclusion criteria. **Results:** The average age group who were operated in day care surgery was 30 years. Male were 65 and females were 35. Jabouley's operation for hydrocele was the commonest operation done. Local anaesthesia was the anesthesia of choice (81 cases), but in some cases general anesthesia (19 cases) was also used. Mild pain at the operated site was the commonest complaint postoperatively. 90 patients were discharged on same day, 10 patients were stayed overnight for complains of nausea and vomiting.

Conclusion: Day care surgery is now a day's is very well accepted by the patients and for day care surgeries to be performed proper investigations and management is necessary.

KEYWORDS : Day care surgery, discharged, Local anaesthesia, accepted

INTRODUCTION

Day surgery is a continually evolving speciality performed in a range of ways across different units. In recent years, the complexity of procedures has increased with a wider range of patients now considered suitable for day surgery. Effective pre-operative preparation and protocol-driven, nurse-led discharge are fundamental to safe and effective day and short stay surgery. Fitness for a procedure should relate to the patient's health as determined at pre-operative preparation and not limited by arbitrary limits such as ASA status, age or body mass index. Patients presenting with acute conditions requiring urgent surgery can be efficiently and effectively treated as day cases via a semi-elective pathway. Central neuraxial blockade and a range of regional anaesthetic techniques, including brachial plexus and paravertebral blocks, can be used effectively for day surgery. The definition of day surgery in the UK and Ireland is clear: the patient must be admitted and discharged on the same day, with day surgery as the intended management. Although still counted as inpatient treatment (except in the US), 23-h and short stay surgery apply the same principles of care outlined in this document and can improve the quality of patient care whilst reducing length of stay.

Pre-operative preparation Pre-operative preparation (formerly known as pre-operative assessment) has three essential components: To educate patients and carers about day surgery pathways. To impart information regarding planned procedures and postoperative care to help patients make informed decisions – important information should be provided in writing. To identify medical risk factors, promote health and optimise the patient's condition.

Day care surgery is not new concept. In 1909 James Nicoll, Scottish Surgeon, reported operating on nearly 900 children as day cases for operation such as talipes, correction of hare lip, hernia repair and mastoid surgery. His motivation was to save money and use resources better reasons which are equally valid today.

Procedures done as day care surgery in our unit are:

1. Circumcision
2. Hydrocele surgeries
3. Inguinal hernia: Mesh hernioplasty
4. Excision of breast lump (fibroadenoma, fibroadenosis, galactoceles, gynecomastia etc),

5. Anal fissure: dilatation or excision / Lateral sphincterotomy
6. Piles: Haemorrhoidectomy
7. Diagnostic laparoscopy
8. Orchidectomy/orchidopexy
9. Varicocele: Laparoscopic varicocele ligation/ high ligation/ inguinal or subinguinal ligation

The advantages to hospitals are- the economic savings; more attractive to nursing staff because there is less shift work involved, advantages to the patient, shorter waiting lists and lesser uncertainty of a long wait, easier domestic arrangements, earlier mobilization, minimal disruption of patient's personal life, earlier return to normal environment, reduced risk of cross-infection, avoidance of disruptive nights in hospital wards, less loss of time at work and less psychological disturbances in children. Disadvantages of day care surgery are the need for a responsible person to oversee the day care patient at home for the first 24-48 hours.

MATERIAL AND METHODS

In this study, 100 cases of day care surgeries were taken with any age. Study was done in surgery department of JLNMC, Bhagalpur, Bihar from October 2016 to March 2017. All cases were registered.

Inclusion criteria- American Society of Anesthesiologists (ASA) classes I or II, not associated with excessive blood loss, very low risk of post-operation complications, duration of surgery up to 1 hour maximum, pain must be controlled with oral analgesics after discharge, patient's general health and good social conditions.

Exclusion criteria- Patients with myocardial infarct in last six months, cardiac failure, acute respiratory infection, asthma - moderate to severe, gross obesity, psychosis and patients living far from the day surgery centre.

RESULTS

1. Out of 50 patients 65(65%) were male and 35(35%) were females.

Number of males	Number of females	Total cases
65	35	100

2. The average age group of presentation was 30 years.

Age group of patients	Numbers
10-20	11

21-30	45
31-40	40
41-50	3
51-60	1

3. The most commonly done procedures was Jabouley's operation 44(44%) -

Procedures	Number of patients
Jabouley's operation	40
Circumcision	8
Appendectomy	7
Inguinal hernial repair	11
fibroadenoma	4
Fistulectomy	5
Lateral sphincherectomy	6
Cyst	19

4. Local anesthesia was the most commonly anesthesia used in operation in 81(81%) cases.

Type of anesthesia	Number of cases
Local	81(81%)
General	19(19%)

5. Mild pain was the most common post operative complication in 54(54%) cases. 90 patients were discharged on same day, 10 patients were stayed overnight for complains of nausea and vomiting.

Postoperative complications	Number of cases
Wound infection	5(5%)
Pain	54(54%)
Nausea and vomiting	10(10%)

DISCUSSION

The number of day-care surgeries is increasing every day. The boundaries of day-care surgeries are being redefined on a continual basis. Multi-dimensional benefits to the patient, hospital and national economy are the driving forces behind the changing scenario on the horizon of day surgery. Day surgery is a cost-effective, quality approach to surgery that has expanded rapidly in recent years. Multiple factors have contributed to this transition, including economic forces, improved anaesthetic and surgical techniques, better pre-operative planning, better patient education and an enhanced ability to deliver adequate analgesia in the outpatient setting. The popularity of outpatient surgery can be attributed to the development of preanaesthesia clinics, changed patterns of preoperative oral intake, use of newer anaesthetics, antiemetics and analgesics and better monitoring in perioperative period. In our study we noted minor complication in around 10% of day care patients such as headache, nausea, vomiting, sore throat fatigue and drowsiness. These are common symptoms and in our study did not affect the activities of daily living in most patients. Occasionally the presence of these symptoms can affect the length of stay and time to discharge and cause difficulties in daily activities at home. A proper counselling regarding these symptoms pre-operatively can help patients cope better. In our study, the mean length of hospital stay was 20 ± 3 hours. Similar findings have been noted by Phillips et al who demonstrated a hospital stay range of 05–23 hours and Pota et al noted 5-15 hours. Gupta et al showed stay range 4-21 hours and mean stay 7.3 hours. Male predominance (65%) was observed in the study. This is in accordance with study done by Amidyala Lingaiah et al in 2015, in which 61.2% patients were males and 31.6% were females and the mean age of study population was 45.6±4.5. In the present study most common indication for day care surgery was Jabouley's operation (40) followed by cyst removal (19) and inguinal hernial repair (11). In the similar study conducted by Amidyala Lingaiah et al 2015 excision biopsy/ cyst excision(29%) was the commonest indication for day care surgery followed by inguinal hernia 40(25.8%).

CONCLUSION

Day care surgery is now a day's is very well accepted by the patients and for day care surgeries to be performed proper investigations and

management is necessary. Therefore, creating more day care centres should be in the better interest of the patients

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