



# DISCHARGE WITHIN 24 HOURS AFTER LUMBAR DISCECTOMY

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## AIM

In US more than 90%, of patients undergo lumbar discectomy as outpatient basis. Our aim is to achieve similar results for our local patients undergoing lumbar discectomy over one year period.

## METHODS

Using clinical improvement process implementing patient and nurse education before and after surgery.

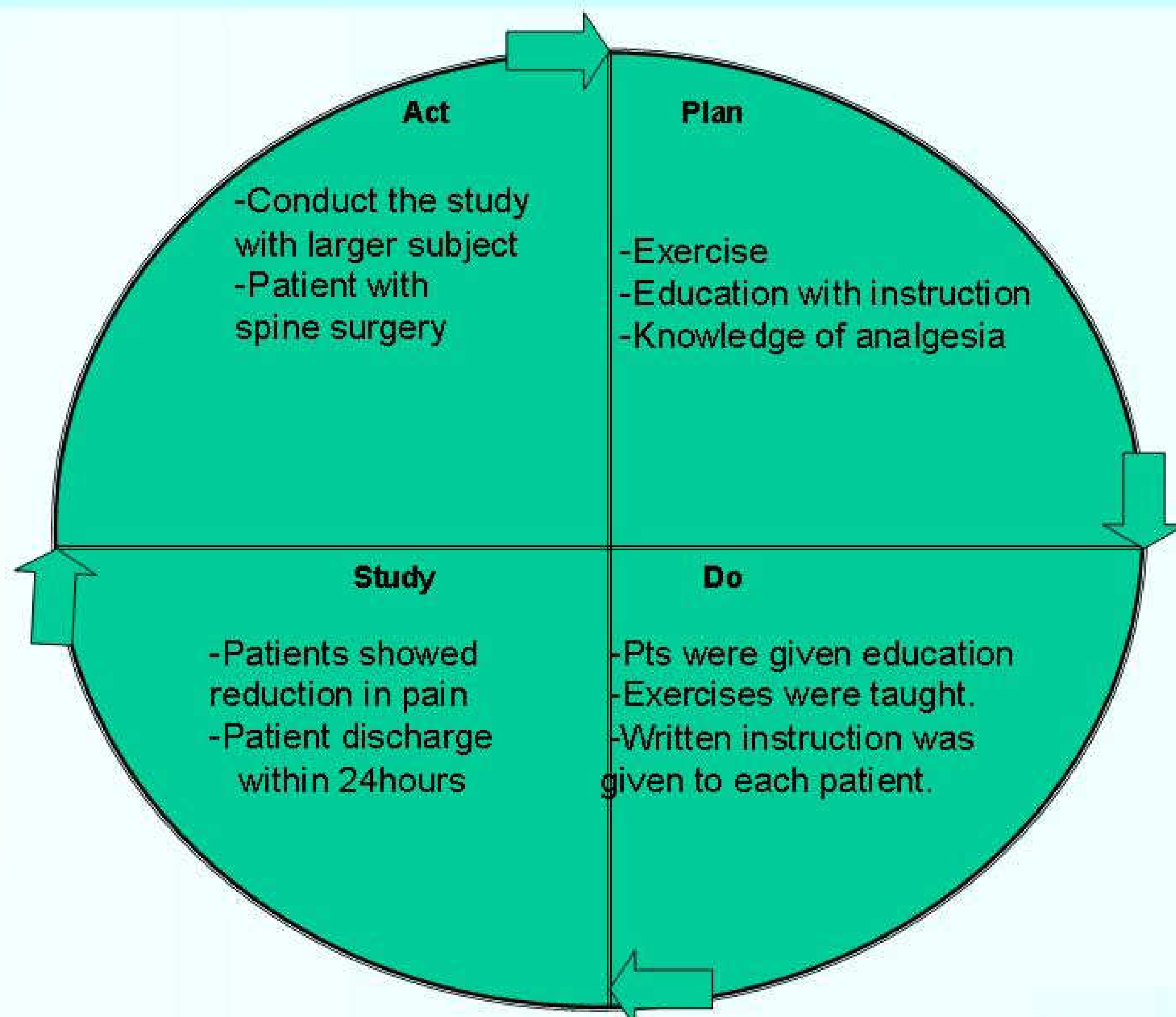
We assessed,

- patients' physical functional outcome, pre-op and post-op intervals 3 and 6 months (SF-36)
- pain score (Visual Analogy Scale) and cost saving after elective lumbar discectomy.

Start 1<sup>st</sup> January 2006, 31 patients ( 21 males : 10 females ), 20 to 77 years of age were recruited.

Nurse Clinician conducted pre and post surgery educations and exercise were initiated before discharge.

## INTERVENTION

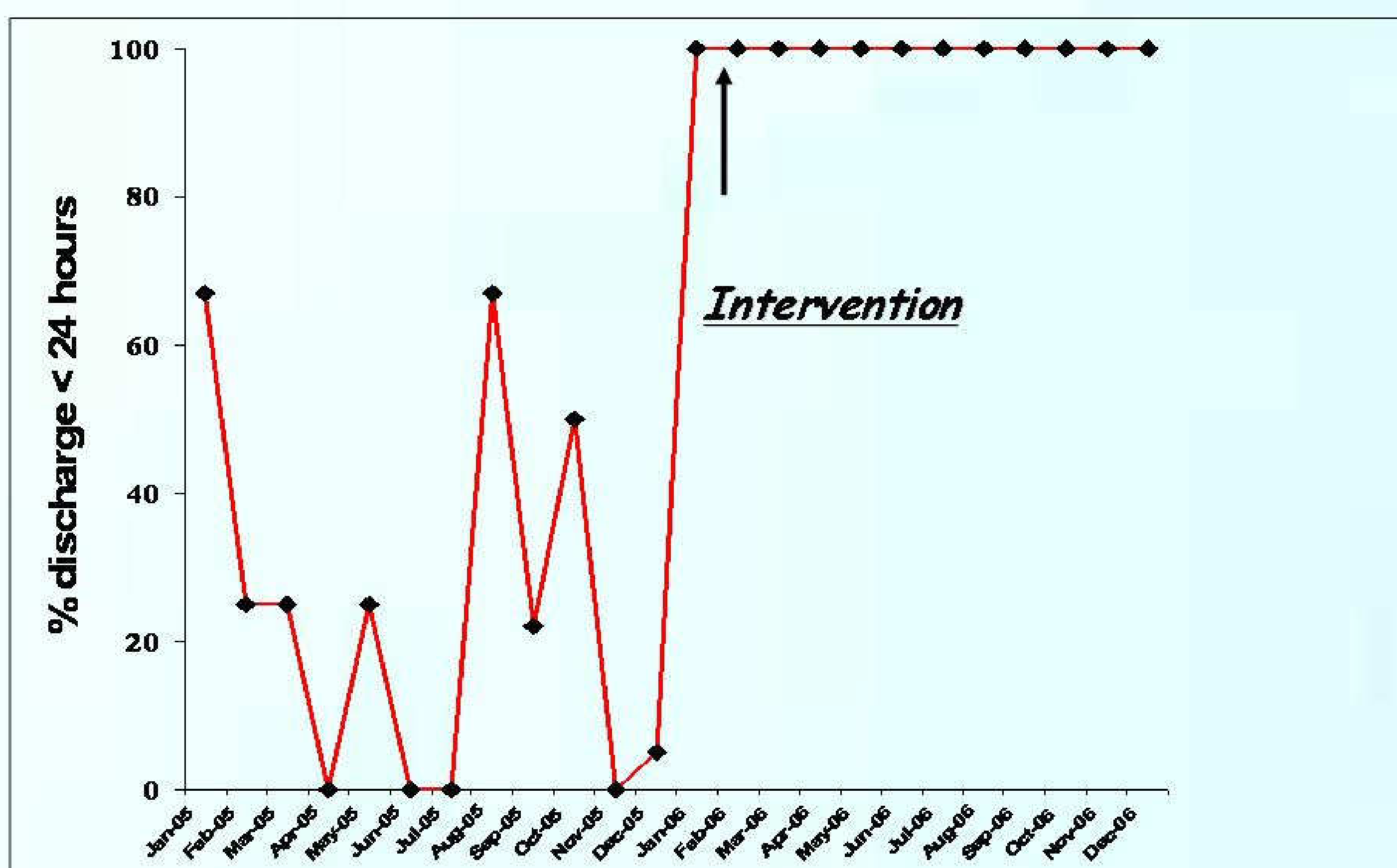
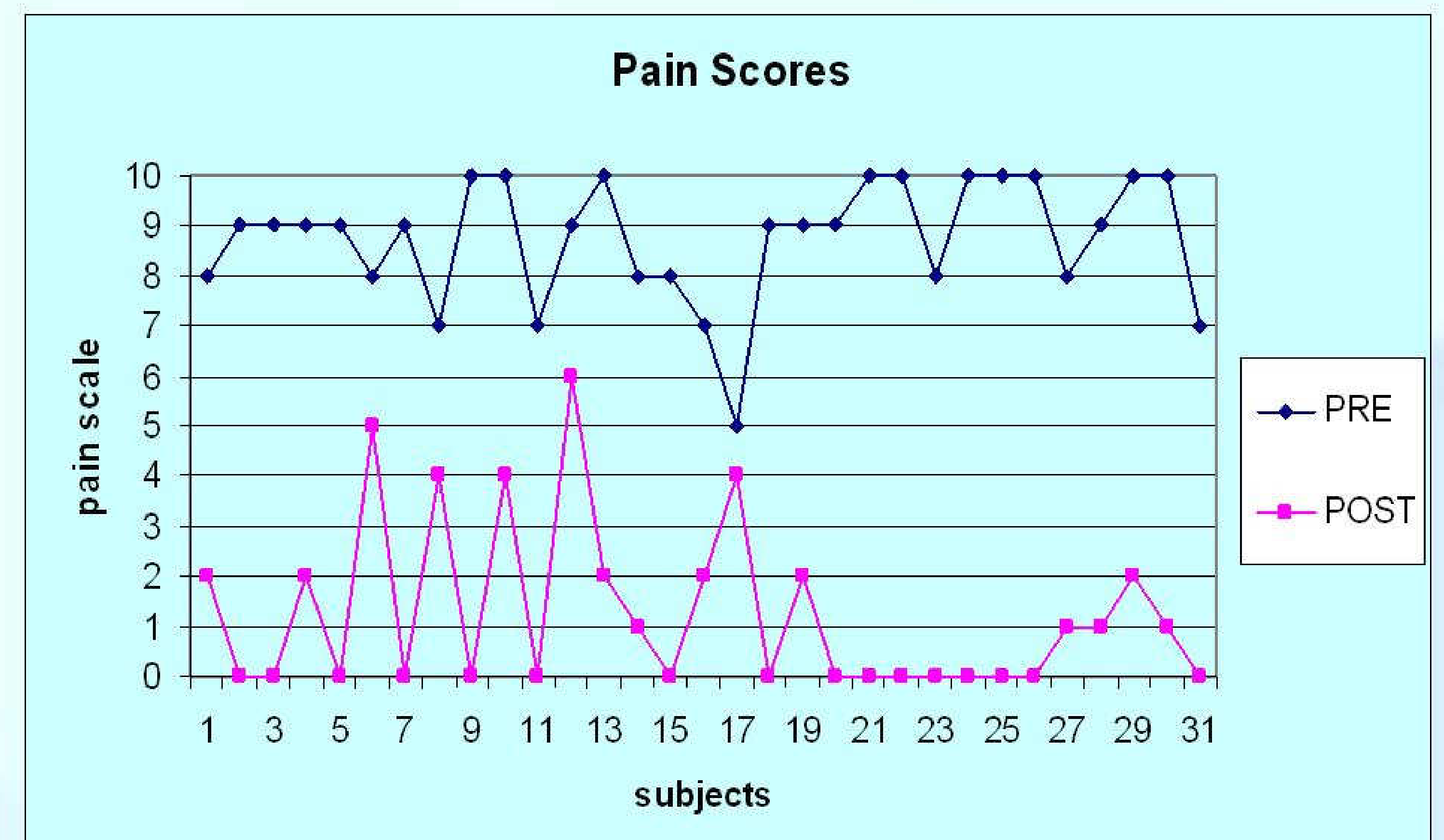
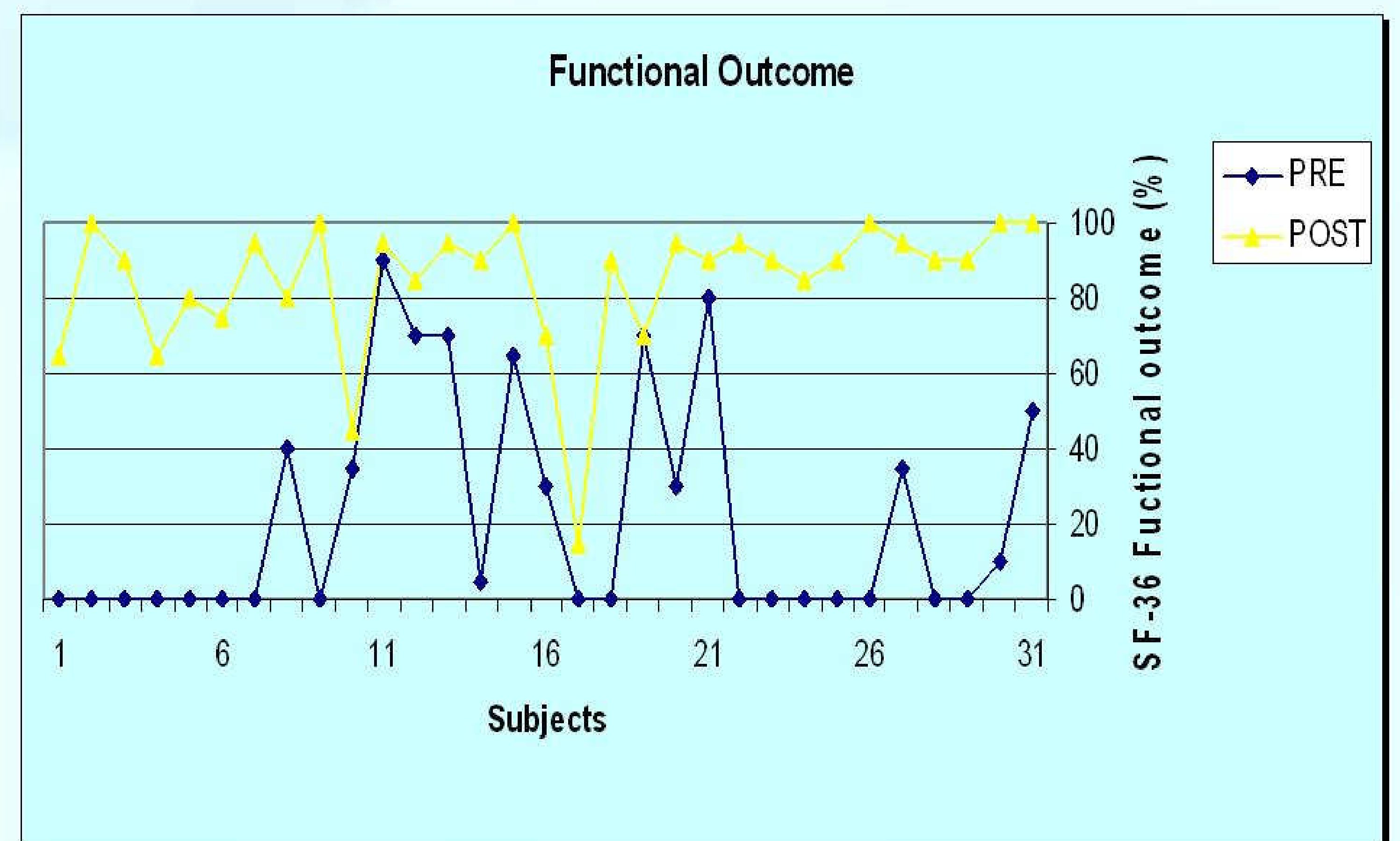


## RESULTS

30 out of 31 patients (97%) were discharged within 24 hours with no unplanned readmission.

81% of patients reported more than 30% improvement in physical function six months after surgery.

The average pain score reduction is 70% six month after the surgery.



## CONCLUSION

- Early ambulation and improved patient functional outcome.
- Significant reduction in pain.
- Early discharge means better bed utilisation.
- Our successful reduction in length of hospital stay translated to average saving of \$70 (51%) per day for per patient.

➤ As of Jan 07, there were **no readmission** within 48 hours after discharge, with average length of stay of **0.84 days** !