

# A Bariatric Surgery Pathway: Reductions in Length of Stay and Readmissions.

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# A Bariatric Surgery Pathway: Reductions in Length of Stay and Readmissions

4KS Medical-Surgical Unit and Weight Management Center Staff

Lehigh Valley Health Network, Allentown, Pennsylvania

## INTRODUCTION

The immediate post-operative, in-patient hospital care and treatment for bariatric surgery patients in an academic, community Magnet® hospital varied.

## GOAL

Address variations through design of a bariatric surgery pathway

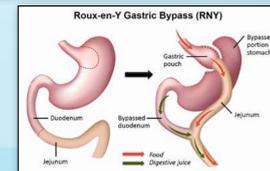
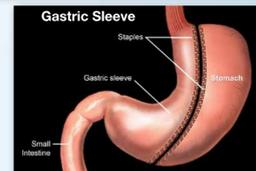
### IMPROVEMENT OPPORTUNITIES

- Postoperative nausea
- Mobility
- Liquid intake
- Pain control
- Patient teaching
- Delayed discharge due to patient need to be seen by surgeon

## TACTICS

- Consistent anesthesia team
  - Standard orders for anti-emetic medications
- Definitive oral intake plan
  - Diet advancement the night of surgery
- Standard pain medications
  - Consideration of bowel impact
- Discharge teaching by a nurse navigator
- Addition of an advanced practice clinician (APC)
  - Sees patients on the medical-surgical unit to which bariatric surgery patients are assigned

## PATHWAY



### PRE-OP WEIGHT MANAGEMENT CENTER

- Multi-system assessment
- Psychiatric evaluation
- Demonstrated commitment to weight loss
- Intensive patient education



### POST-OP DAY 0

- Ambulate from litter to bed or chair with assistance
- Sit in chair 2-4 hours after arriving to unit
- Ambulate 20 ft x 1 with assistance
- Use incentive spirometer 10 x every hour
- Bariatric Phase 1 Clears Tray delivered within the hour of patient arriving to unit
- 30 ML every hour, no more than 150 ML
- Pain control – educate the patient regarding the difference between incisional pain and gas pain. Begin oral pain meds.
- Monitor nausea/vomiting – assure scopolamine patch was placed in OR
- IV Fluids will be ordered



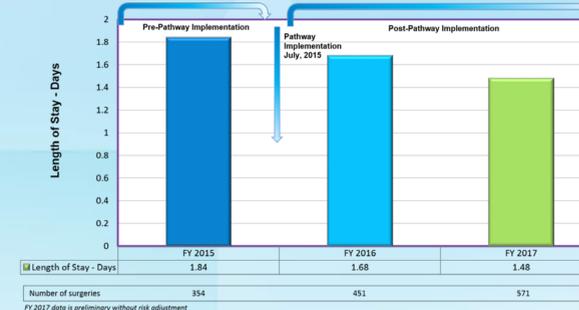
### POST-OP DAY 1

- Ambulate at least 20 ft x 3
- Encourage use of incentive spirometer
- Pain control - IV and PO meds
- Monitor nausea/vomiting
- Breakfast Phase 1 Clears Tray delivered at 8AM
- Document all po intake
- Continue IV fluids until patient discharged
- Initiate discharge process

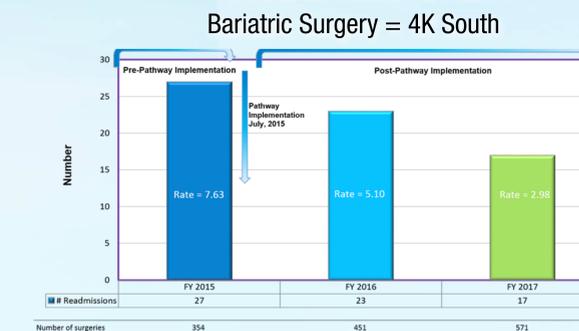
## OUTCOMES

Pathway implemented July 1, 2015

### Length of Stay Bariatric Surgery = 4K South



### Readmissions Bariatric Surgery = 4K South



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