Day 2 Discharge Program Shorten The Length of Stay of Post-Surgery Patients

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Introduction
Early discharge of post-breast surgery patients will promote patient comfort; shorten the hospital length of stay and save cost. The current trend of the length of stay is 2 days. However, according to SOMIP data (July 2012-June 2013), the median length of hospital stay for breast patients was 3 days. The main obstacles are patients' inability to empty drain, waiting for pressure garment, no CNS referrals and non-parent team doctors round during weekends or public holidays. Therefore, "Day 2 Discharge Program(D2DP)" is launched.

Objectives
To facilitate patient discharge within 2 days post-operatively

Methodology
The D2DP has been started since September 2014. 1 Pre-operatively, breast care nurse and breast cancer survivors (volunteers) provide drain care knowledge and demonstration to breast cancer patients in "Drain Care Education Clinic". Return demonstration is needed to ensure patients' ability in drain-emptying. 2. Pre-print "Post-operative and Pre-discharge Orders" is a treatment plan to facilitate patients discharge during weekend or public holidays even by non-parent team doctors. 3. CNS referrals on Post-op Day 1 Breast binders are applied to patients with drains on post-op day 1. 5. Urgent Breast Nurse Clinic booking enables breast care nurse to follow patients on the earliest working day after weekend or public holidays

Result
From September 2014 to January 2015, the median length of stay was 2 days. Moreover, previously, the average length of stay of post-breast surgery patients was
3.42 days. after the implementation of D@DP, it was 1.79 days. There was a 48% reduction in the average length of stay. In conclusion, the D2DP can provide a holistic and high standard care to breast cancer patients and also reduce length of stay.