



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Breast Reconstruction Preoperative Counselling Service empowers breast cancer patients and shortens length of stay in hospital**

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**Introduction**

In the year 2016, the average length of stay for patients with Breast Reconstruction surgery was 7.94 days which was triple of that for patients with mastectomy only (2 days). Patients generally verbalized the lack of reconstruction knowledge and information made them feeling unconfident and reluctant to be discharged. Breast Reconstructive Counselling Service was thus started since 2017.

**Objectives**

To empower breast cancer patients with relevant knowledge and see if it can shorten the length of stay.

**Methodology**

Counselling session is given preoperatively to patients who decided to have breast reconstruction, Animated video, peri-operative and post-operative photos are shown. In the same session, post-operative nursing care information, discharge advices together with the pamphlets and nurse hot-lines were provided. Patient satisfaction survey in the form of questionnaires was performed after the session.

**Result**

There were 46 reconstruction cases in the year 2017 and preoperative breast reconstruction counselling was delivered to all of them. In the questionnaires, patients scored 4.5 averagely in the visual analogue scale from 1 to 5 for the questions asking if they found the counselling service empowered them. Moreover, the length of stay for the breast reconstruction has been shortened 26% from 7.94 days to 5.86 days. Breast Reconstruction Counselling service has empowered patients by making them feel less worried but more knowledgeable and more confident about the reconstruction surgery and the self-care ability. As such, the length of stay has been shortened.