



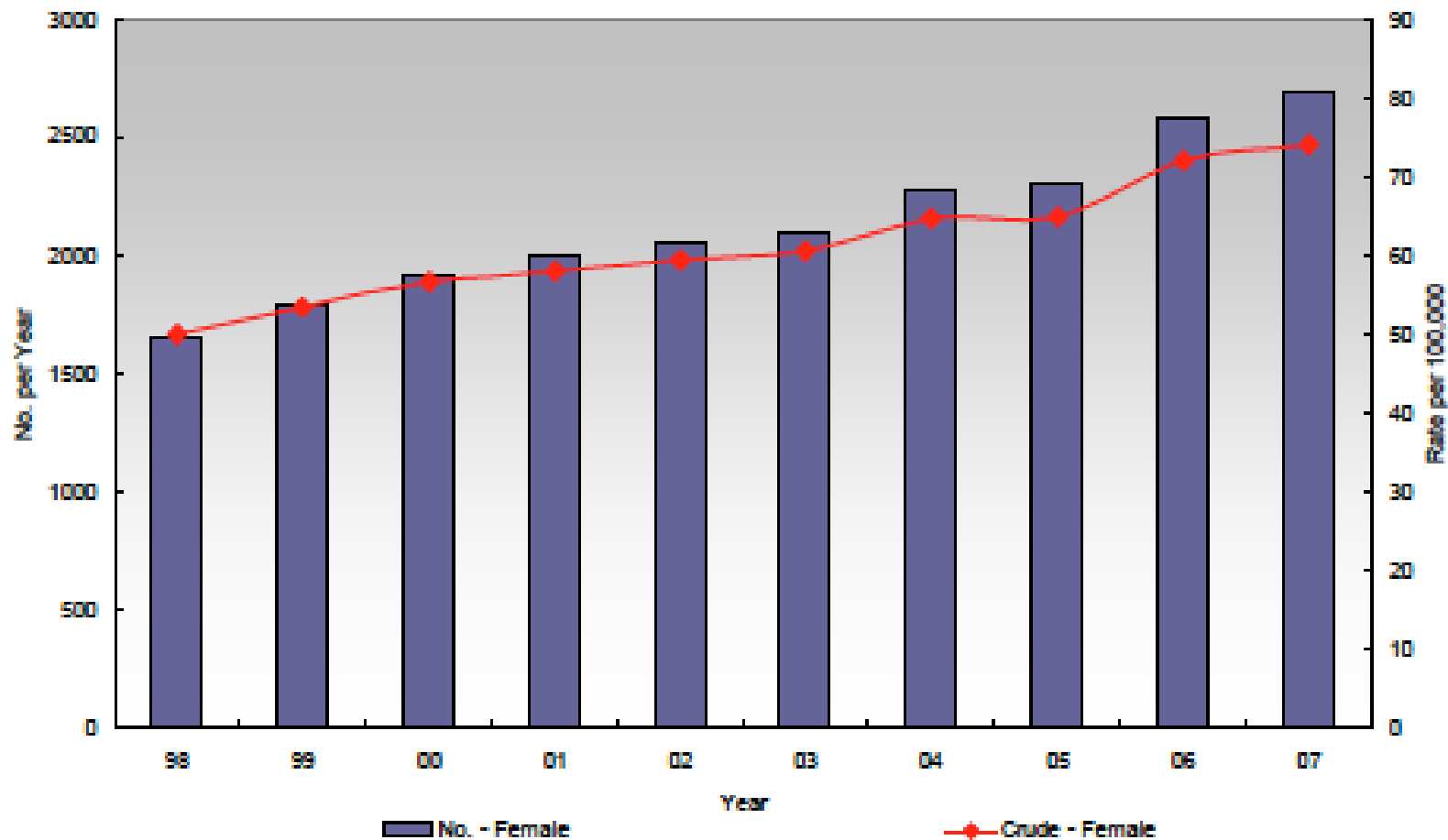
# An Early Discharge Program

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# Incidence Trend 1998-2007



醫院管理局香港癌症資料統計中心

Hong Kong Cancer Registry, Hospital Authority

# Early Discharge Program

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- \* Initiate new breast care service in April 2009

# Drainage bottle and Length of Stay

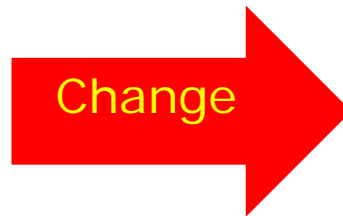
Length of Stay:  
8-10 days after  
drain removed



Length of Stay:  
3-4 days with  
self-management  
drain



Large vacuumed drain



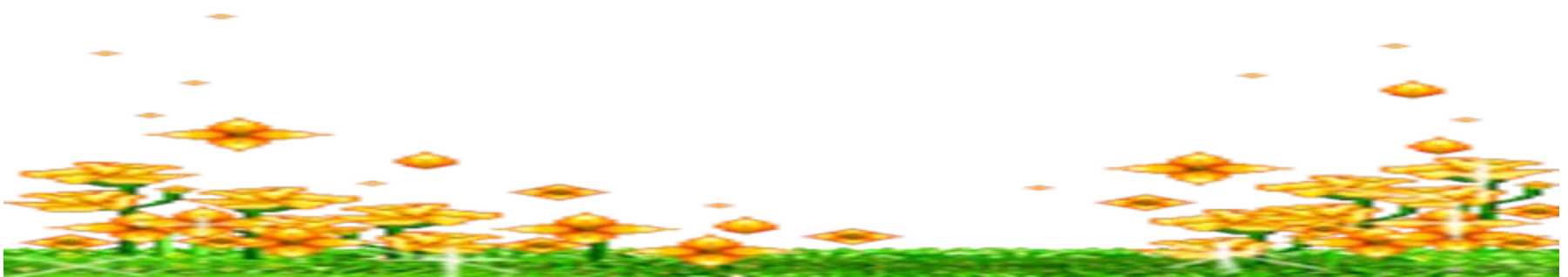
Small and convenient  
self management drain

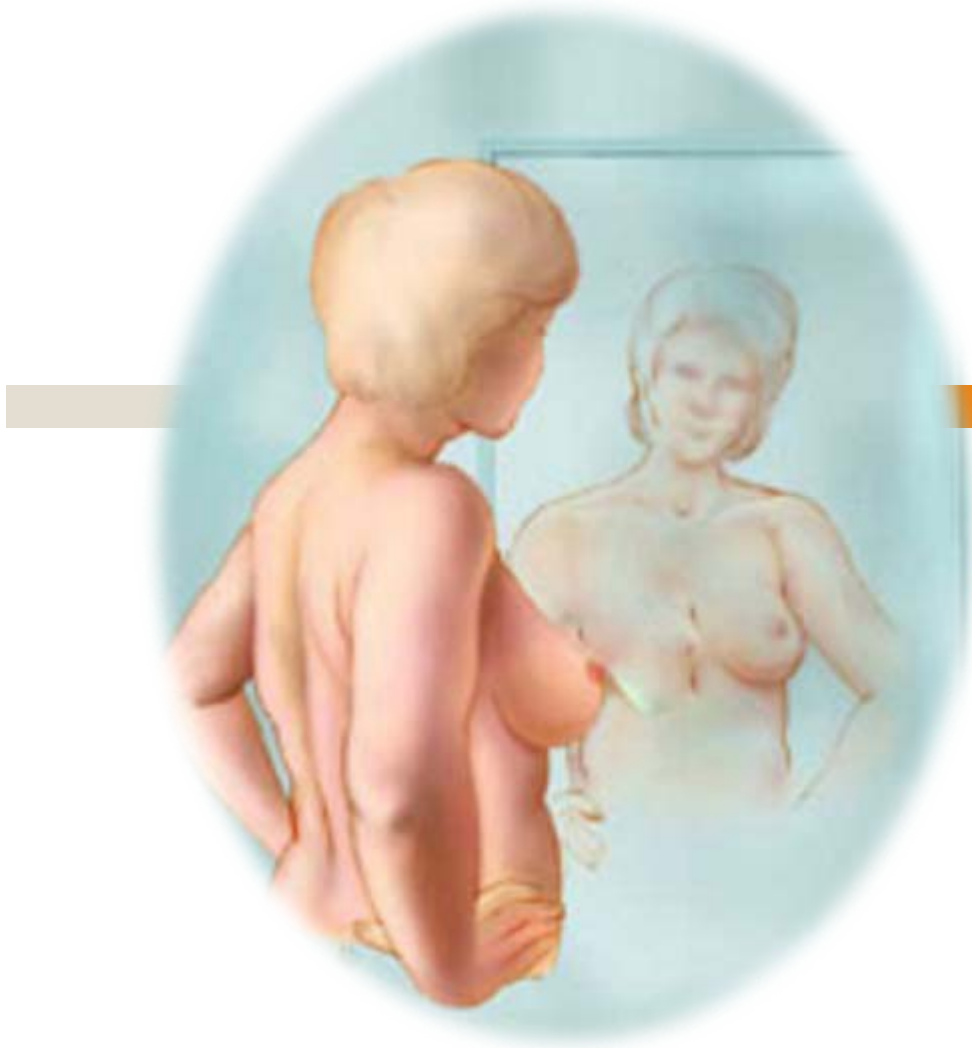


# Experience Sharing

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## Case Study





**Traumatic  
experience**

# Change of life

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# Empowerment Education in Breast Care Nurse Clinic



# Empowerment begins with information and education

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# Pre-operative intervention



*Make a significant and meaningful difference*

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*to the lives of people affected by breast cancer*



# Knowledge to Enable an Informed Choice



Breast Care Nurse Clinic  
Queen Elizabeth Hospital

## Care Plan for Breast Surgery

Please Use Block Letter or Affix Label

Date	Nursing Diagnosis & assessment	Goal & Outcome
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**Anxiety / Fear related to**

( ) Patient shares concerns regarding the surgery and outcome.

( ) Patient verbalizes increase in anxiety.

( ) Patient verbalizes appropriate resources needed.

others:

( ) others:

\_\_\_\_\_

\_\_\_\_\_

### Interventions

#### Interventions:

- 1  Reassurance and Counseling
- 2  FACT Sheet /Information book / breast kit / ball
- 3  Education on wound and drain care
- 4  Diet advise    5  Limb Exercise/ Massage
- 6  Education on prevention of lymphoedema
- 7  External breast prosthesis

#### Fitness for Early Discharge Program:

- Fit
- Unfit because:
  - 1  Patient reluctant    2  Old age / live alone
  - 3  No family support    4  OADR
  - 5  Others \_\_\_\_\_

#### Refer to: 1 Clinical Psychologist

2  MSW

3  Volunteer group / patient resource centre

( ) Direct patient to medical social



# Tomorrow Begins Today

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# Active role in her own recovery

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**By Life influence life**

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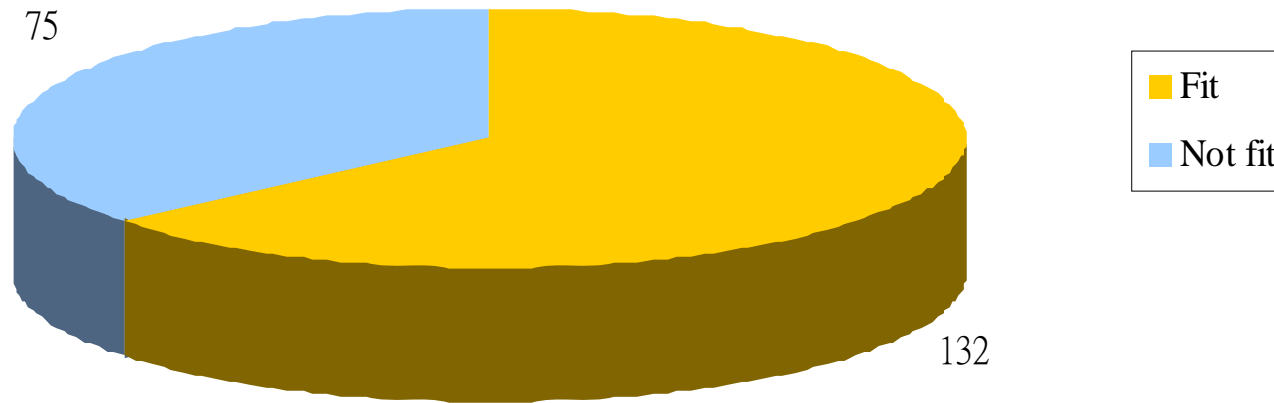






# Suitability for early discharge

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April 2009 to April 2010

207 patients were recruited in the program  
132 patients fit for early discharge  
and 75 patients not fit for early discharge.

# Evaluation

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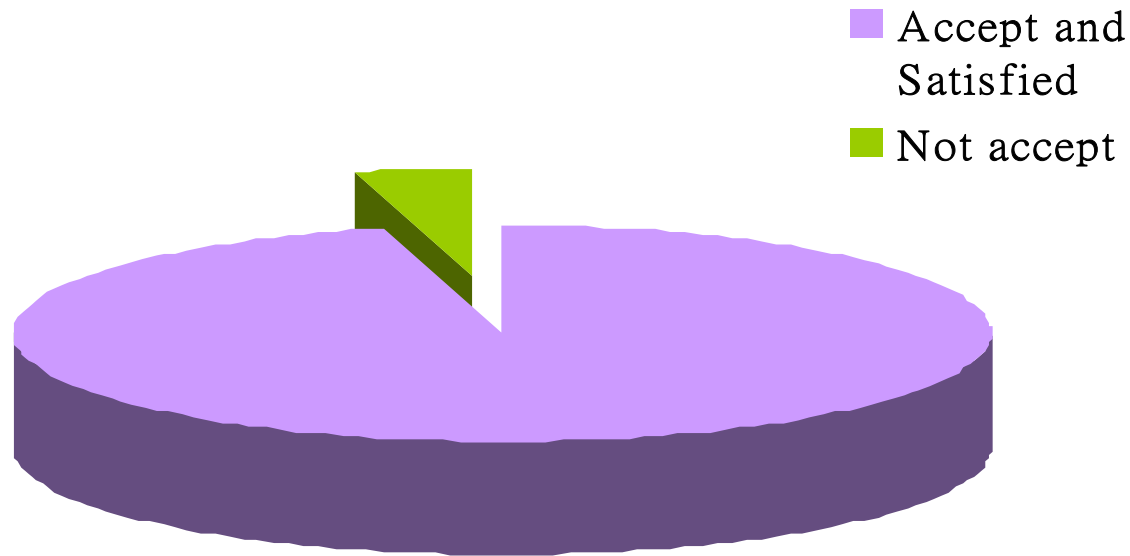
Patient's Satisfaction Survey  
On  
the Early Discharge with  
Self-management Drain





# Overall comment on the service of Early Discharge with Self-management Drain

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- 92% of patients (n=25) satisfied with the early discharge program with self management drain.
- Only 8% patient (n=1) worried about the wound care at home.

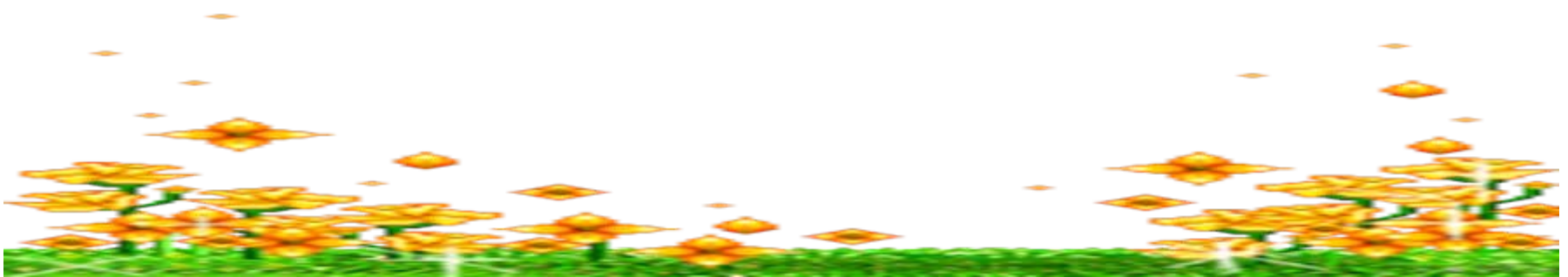
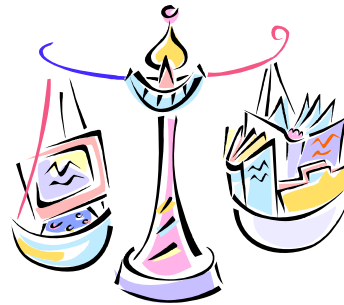
# Results

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- Early discharge is well received by patients.



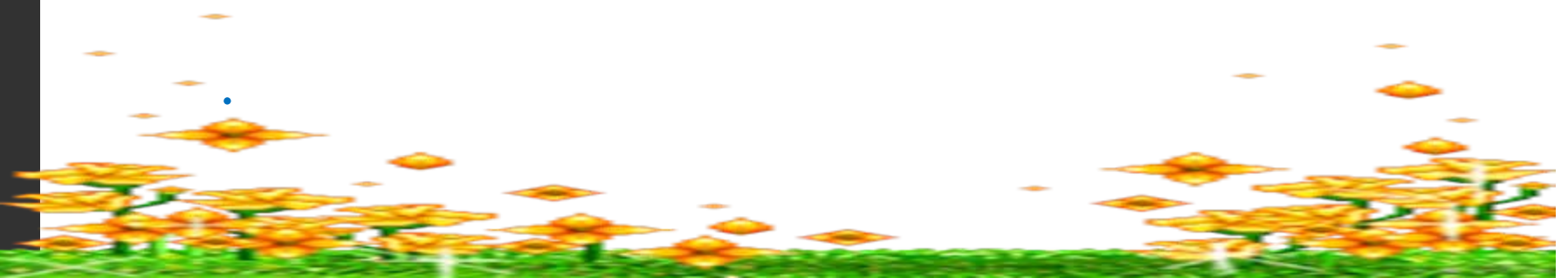
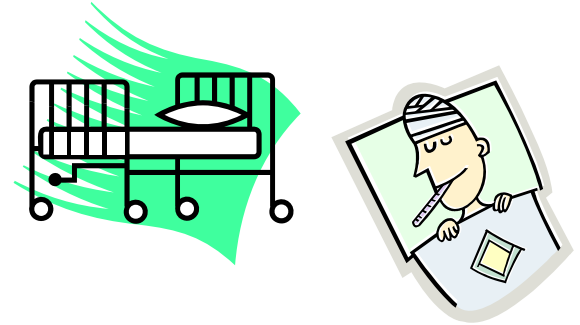
- Better psychosocial adjustment



# Results

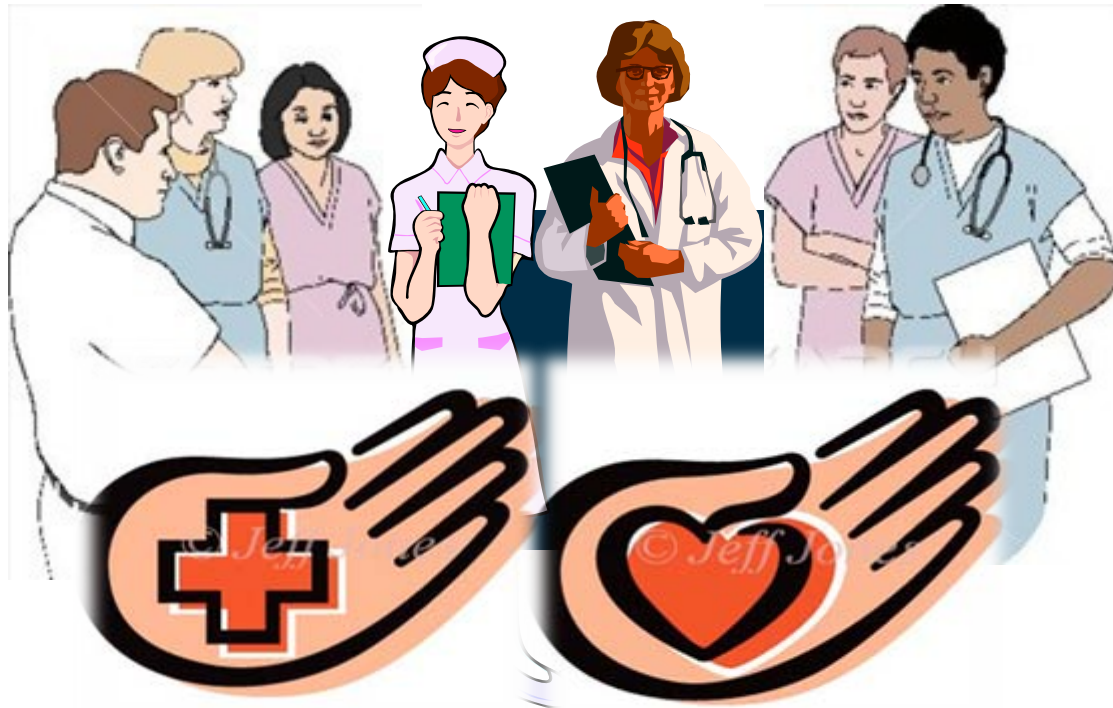
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- ↓ Average length of stay in hospital
- ↓ Risk of hospital acquired infection
- Trusting relationship established in the Healthcare Team



# In Life We Care We Share

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**Collaborative  
and  
Multidisciplinary Approach**



Change  
and  
advancement



*In Life we Care and Share  
Comes a Rainbow*

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# Acknowledgements

I would like to thank the following

- ❑ **Breast Team Surgeons: Dr Billy Lam, Dr Bonita Mark and colleagues**
- ❑ **Breast Care Nurse: Ms Amy Tam Ms Vangel Kwok**
- ❑ **DOM Ms Winnie Ng, WM Ms Chan Wan Yee**
- ❑ **QEH H5 ward all nursing staff**
- ❑ **Clinical psychologist Ms Lee and colleagues**
- ❑ **Physiotherapist: Ms Cho, Ms Chong and colleagues**
- ❑ **Patient Resource Centre & support group**



FOR ALL THEIR ONGOING SUPPORT





*Thank You*