



Service Priorities and Programmes
Electronic Presentations

Convention ID: 853

Submitting author: Mr Yuen Shing Wong

Post title: Advanced Practice Nurse, United Christian Hospital,

Early discharge programme for leukaemia patient after chemotherapy

Wong YS, Lei WS, Kowk KC, Ng YB, Lin SY

Haematology Division Department of Medicine and Geriatrics

Keywords:

Early discharge

Haematology nurse

Introduction

Leukaemia patient after receiving chemotherapy always stays hospital to observe their neutropenia phase over one month or longer. Long period of hospitalization directly influences haematology bed occupancy. It also affects leukemia patient quality of life, since they always complain hospitalization like in prison. We implement a new early discharge programme to shorten in-patient length of stay and decrease inpatient workload.

Objectives

To evaluate the effectiveness of this early discharge programme for leukaemia patient after receiving chemotherapy.

Methodology

Haematology Nurse follow up In this programme, leukemia patient is early discharged them and referred to haematology nurse follow up at Ambulatory Care Center (ACC) and by phone follow up. Patient needs to attend ambulatory care center alternative day and nurse provides phone follow up on unattended day. Two target groups of leukemia patient are recruited a) Early discharge group - Leukaemia patient is discharged at the end day of chemotherapy and not neutropenia. b) Slow blood cell recovery group - Leukaemia patient stays hospital over 3 to 4 weeks with slow blood cell recovery and who require blood transfusion support. Developed structured protocol a) Haematologist and haematology nurse established a clear guideline for clinical treatment and decision support. b) Systematic assessment is designed to monitor patient's condition, such as oral mucosa status, bleeding tendency, sign of anemia, general condition, etc.

Result

There were 52 patient attendances of haematology nurse follow up at ACC and 40 times of nurse phone follow up in this programme from July to December 2013. It was equivalent to saving total of 92 inpatient days and shifted the workload from inpatient to outpatient setting. Other advantage, haematology nurse arranged and prompted 36 episodes of blood product transfusion at ACC and then patient quickly received blood product transfusion as inpatient at day time. Furthermore, all of patients in the programme expressed their quality of life was improved because of improved oral

intake, sleep hygiene and freedom at home. The result showed this early discharge programme was effectively to shorten leukaemia patient's inpatient length of stay and also improved patient's quality of life during chemotherapy.