

Improving rates of same day discharge in patient's undergoing anterior cruciate ligament surgery

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AUDIT STANDARD

GIRFT data indicates that a **minimum of 50%** of ACL repairs should be performed as day case.

BACKGROUND

Anterior Cruciate Ligament (ACL) injuries are one of the most common knee injuries **around 40% of all sport injuries** [1]. At Buckinghamshire Healthcare NHS Trust our rate of same day discharge for patients undergoing ACL surgery was **well below national average (5% vs 50%)**.

Unexpected admission and complications are low in day case ACL surgery [2].

+ Patient benefits

+ Organisational incentives (reduced cancellation rates and economic benefits) [3].

METHOD

We analysed data from ALL patients undergoing ACL repair at Buckinghamshire Healthcare NHS Trust between 1ST JANUARY AND 31ST DECEMBER 2019.

RESULTS

- 71 operations performed
- 69% of patients male
- Mean average age 29 years old
- 78% of injuries result of sporting activities
- 100% of patients had a general anaesthetic
- 66% had an additional regional anaesthetic block
 - 20% motor sparing block
 - 46% motor block
- Average length of stay was 1.89 days.
- 11.3% (8) of our patients were discharged on the same day including
 - 7 (9.8%) GA + motor sparing block + local infiltration
 - 1 (1.5%) had GA + local infiltration only

DISCUSSION

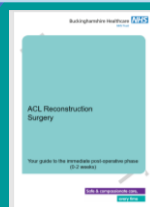
Clear data identifies the possibility of higher rates of day case ACL surgery. **OUR TRUST IS NOT ACHIEVING THIS TARGET.** Increasing our rates of same day discharge will require a multi-disciplinary approach.

Anaesthetic perspective: patients who had a motor sparing block, such as an ADDUCTOR CANAL BLOCK, were more likely to be discharged home on the same day.

We have

- Multi-disciplinary approach
- Carried out staff training for Adductor Canal Block
- Produced a day case guideline for ACL repair

Re-audit to be conducted after change of practice.



Patient information leaflet



Departmental guideline

REFERENCES

1. <https://www.nhs.uk/conditions/knee-ligament-surgery/> accessed 23 February 2020.
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3. Department of Health. The NHS Plan: a plan for investment. A plan for reform. London: DoH, 2000