

NEW EVOLUTIONS IN ERAS: PATIENT SAFETY AND SATISFACTION THROUGH DIGITAL AT-HOME POST-COLECTOMY MONITORING.

DR. JADE KONINGS – DHR. F DUMEZ – DHR. T. IMBERECHTS – DR. FILIP VANRYKEL
AZ Sint-Blasius Dendermonde

INTRODUCTION

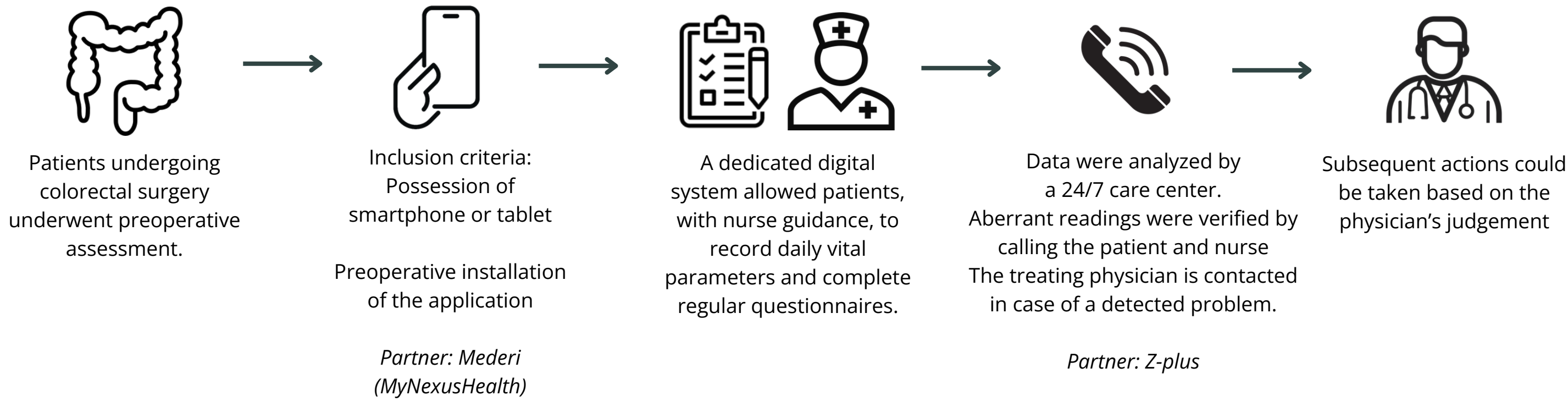
Implementation of **ERAS** principles and **robotic surgery** has made **very early patient discharge** after colorectal surgery possible. Vigilant postoperative care remains essential to detect and treat early postoperative complications.

OBJECTIVE

With this pilot project we aim to establish an **at-home monitoring system**. Our goals are:

- Safe early discharge
 - Early problem detection
 - Adequate complication management
- Patient empowerment
- A sustainable system that does not burden primary care physicians

METHODOLOGY

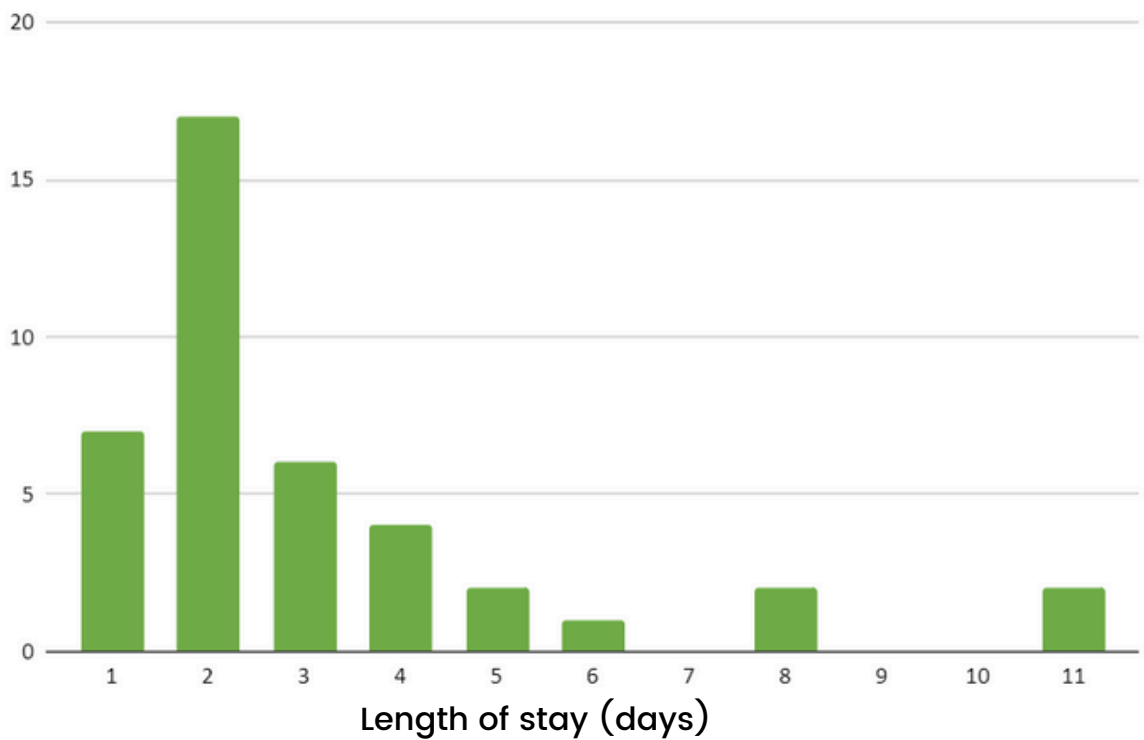


RESULTS

n = 41 patients included

LOS

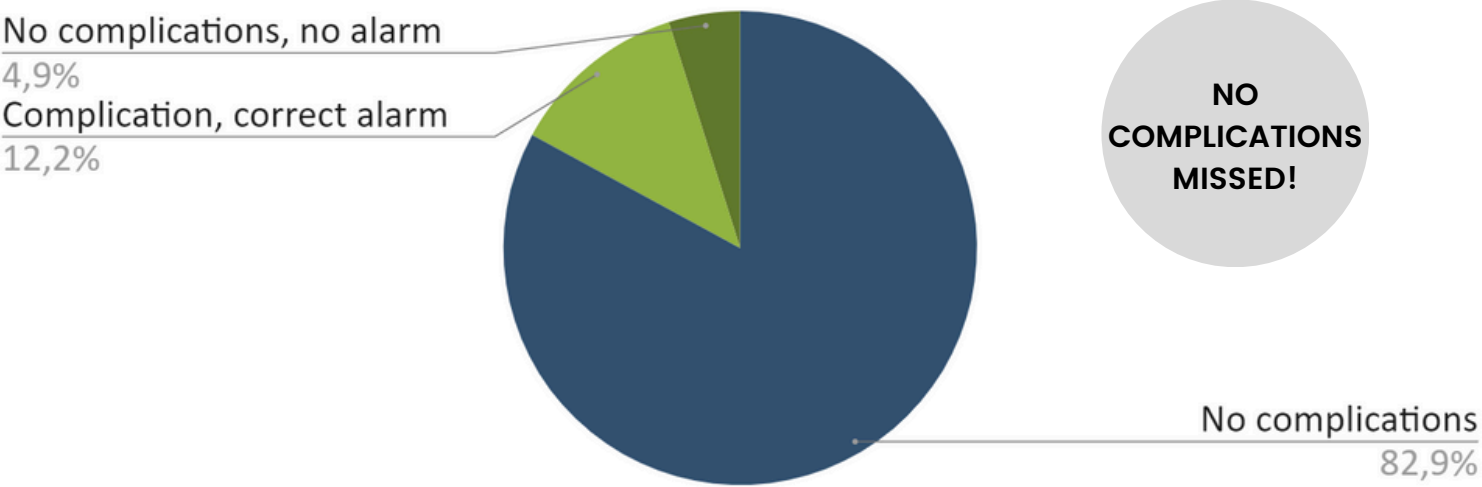
Median length of stay (LOS) was **2 days**.



SAFETY

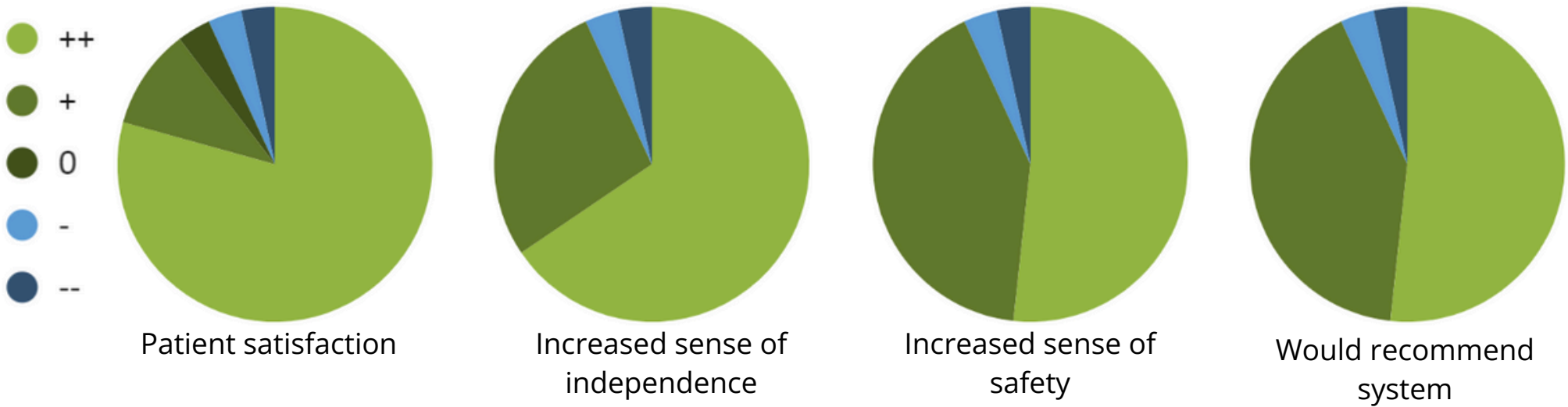
Five patients experienced complications after discharge, ranging from mild to severe (Clavien 2-4). **All complications were detected** by the system and next steps were taken accordingly.

Two patients presented in the emergency department despite **no warning** through the monitoring system. Further investigations showed **no complications**.



PATIENT SATISFACTION

Patient satisfaction was measured through a questionnaire, in which **89.6%** of patients were satisfied or very satisfied with the follow-up at home by the care center. **93.2%** of patients reported an increased sense of safety and independence, and would recommend the home-monitoring to other patients.



CONCLUSION

The at-home monitoring system promises to be a valuable addition in the acute post-operative follow-up of colectomy patients. While improving the patient's sense of **safety** and **independence** at home, it successfully monitored the status of patients and **detected early signs of complications**. The system is **scalable** to other types of surgery (f.e. bariatric surgery, nefrectomy,...) **Future steps** include finding funding, implementation of wearables and further automatisation of the system.