



# Impact on Quality of life (QoL) for the Hepatic Resection Enhanced Recovery After Surgery (ERAS) Pathway

**Ayub K, Oyewole M, Gordon N, Kenny S, Jenkins N, Read J**

Royal Free Hospital, Pond St, London NW3 2QG

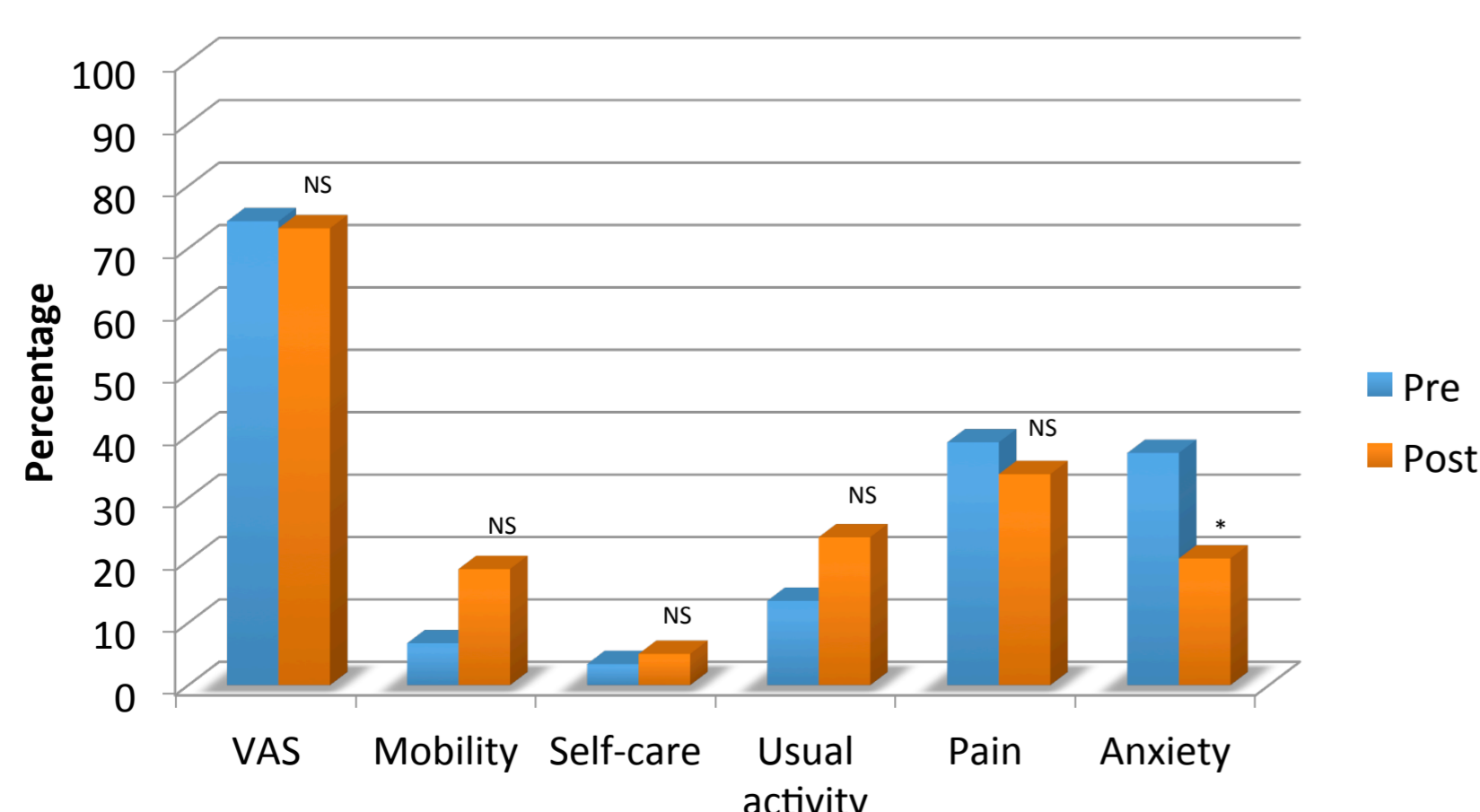
## BACKGROUND

- Hepatic resection for metastases is aimed at improving survival.
- About 25% to 40% of people who have this surgery are still alive after 5 years.
- Currently it is not known whether the improved survival comes at a cost of deterioration in the quality of life (QoL).
- In February 2014 a Hepatic resection ERAS pathway was introduced at the Royal Free Hospital.
- We analysed pre and post-operative QoL data for patients enrolled during the first year of this programme.

## METHODS

- The patients at enrolment and at first post-op follow-up filled a standard questionnaire comprising EuroQol EQ-5D instrument.
- VAS scores were compared using t-test and multi-dimensional data using chi-square ( $X^2$ ) test. p-value  $<0.05$  was considered significant (\*).

Fig. 1 Patient reported quality of life



## RESULTS

- 151 hepatic resections were carried out during this period.
- Pre and post-operative complete datasets for VAS were available for 56 patients and EQ-5D for 59 patients.
- VAS score pre operatively (mean 74.32 SD 17.12) and post operatively (mean 73.19 SD 19.12) p=0.548 NS (Fig. 1).
- Patients reported problems (Fig. 1) with
  - mobility (6.7% pre vs. 18.6% post) p=0.053 NS;
  - self-care (pre 3.38% vs. post 5%) p=0.156 NS;
  - usual activity (pre 13.5% vs. post 23.7%) p=0.156 NS;
  - pain (pre 38.9% vs. post 33.8%) p=0.566 NS and
  - anxiety (pre 37.2% vs. post 20.3%) p=0.042\*.

## CONCLUSIONS

- Hepatic resection may be performed without significant reduction in QoL in this patient population.
- Although overall QoL was not statistically improved, notable improvements in patient anxiety scores were reported.

## CONTACT

EMAIL: ayubkhurram@aol.com