

Quality of Life and Patient Satisfaction with an ERAS Programme

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Quality of Life

Measurement

Generic

SF-36

- vitality
- physical functioning
- bodily pain
- general health perceptions
- physical role functioning
- emotional role functioning
- social role functioning
- mental health

EQ-5D

Specific

HRQoL

- Functional status
- Mood
- Symptoms

Formal scales

- QLQ – C30
- QLQ – CR38
- GIQLI

Activities of Daily Living (ADL)

Can you:

- Drive?
- Cook?
- Do the shopping?
- Housework ?

Formal scales

- Barthel / Katz
- BADL / IADL
- Lawton

Quality of Life and Functional Outcomes with ERAS: the Evidence

STUDY	TYPE	N	MEASUREMENT	FINDINGS
Anderson et al BJS 2003; 90:1497-504	RCT Open ERAS vs conventional surgery	25	VAS for pain and fatigue	More pain day 1. More fatigue day 7 for conventional open surgery vs ERAS open surgery but no difference at day 30.
Delaney, et al DCR 2003; 46:851-9	RCT Open ERAS vs conventional, n= 64	64	VAS for pain, SF-36 CGQL	No differences
Jakobsen et al Col Dis 2006 ;8(8):683-7	Non-RCT open ERAS vs conventional	160	Structured interview BADL IADL	Less fatigue for ERAS
King et al Int J Colorectal Dis 2008 23:795-800	RCT lap ERAS vs open ERAS	60	HRQL Functional outcomes (driving, cooking, shopping, housework)	No difference Functional recovery at 1 year = 88% lap vs 58% open
Vlug et al Ann Surg 2011 Epub	Lap vs open +/- ERAS	400	SF-36 GIQLI	No difference at 2 and 4 weeks
Stucky et al Ann Surg Oncol 2011 ;18(9):2422-31	RCT lap ERAS vs open ERAS	449	QoL score	Slightly better QoL for Lap but a poor preop QoL is a stronger predictor of poor postop QoL

Function after laparoscopic and open surgery on an ERAS programme (King et al, 2008)

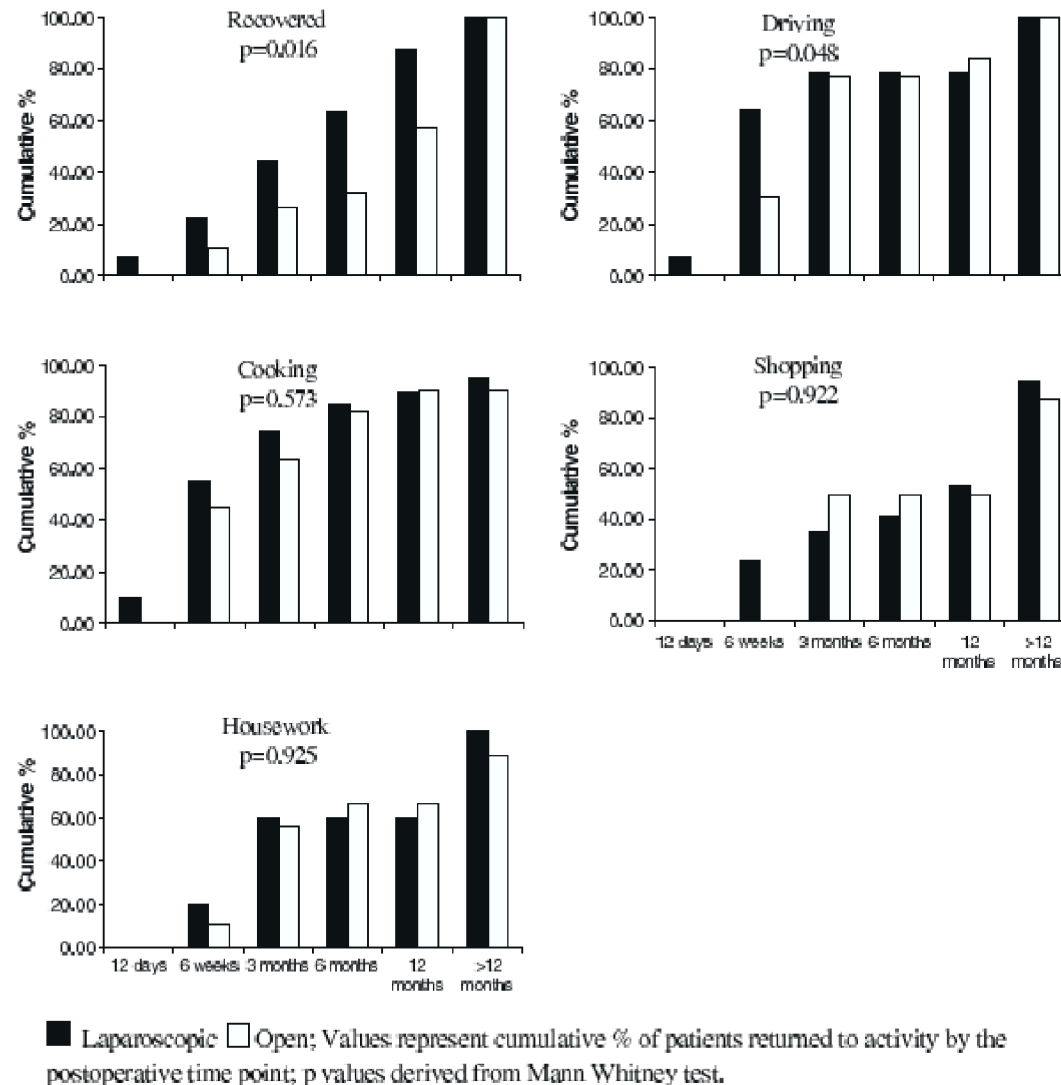


Fig. 1 Functional recovery following laparoscopic and open surgery

Quality of Life

- Much data confounded by laparoscopy.
- Key question is specifically ERAS – LAFA.
- Questionable discriminative power of QoL instruments used in this specific context.
- Systematic review by Khan et al Col Dis 2010;12:1175-82

No evidence that ERAS is adverse

Pain & fatigue may improve with ERAS

Patient Satisfaction

- Little published evidence
- 41% relatives & 30% patients thought hospital stay too short (Basse et al Ann Surg 2005)
- Importance

Audit of ERAS team performance

Patient perspective

Peer Review

Commissioning of services

- Validation of questionnaire / instrument

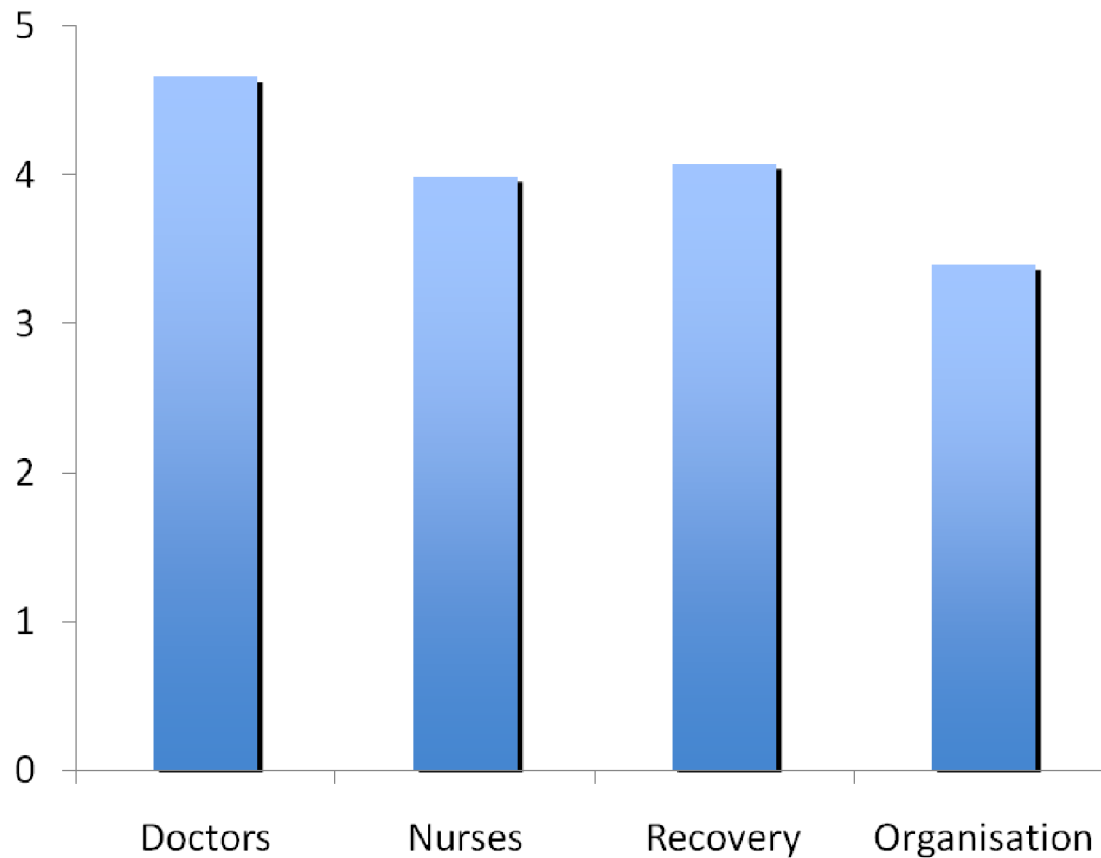
Patient Satisfaction - YDH

- 37 point Trust questionnaire – 30 patients, 2/52 postop
- Doctors' care knowledge, empathy, communication
- Nursing care knowledge, empathy, communication
- Postop recovery information, ADLs, discharge
- Organisation information, waiting times, environment

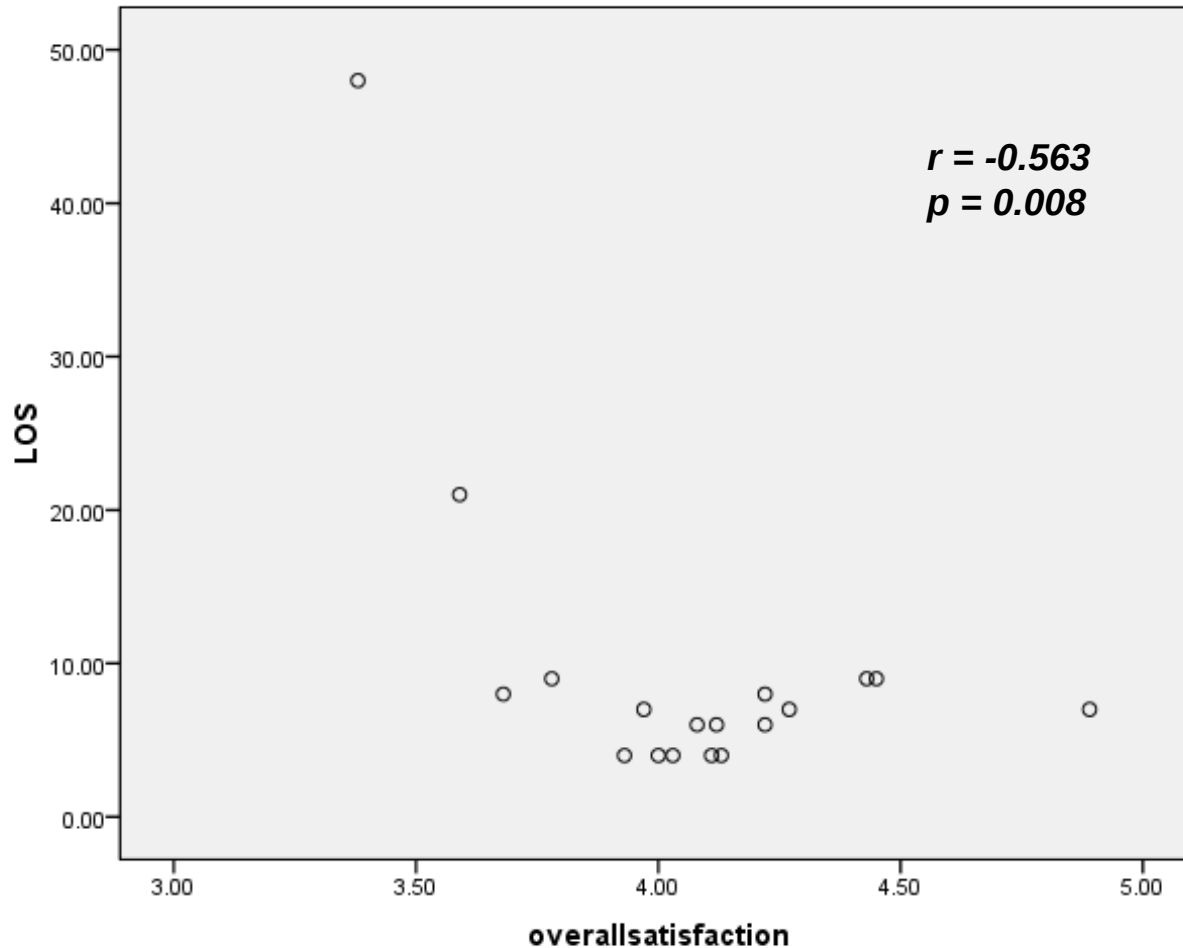
- Scores range 1 to 5

Patient Satisfaction

Mean patient satisfaction



Patient satisfaction vs. LOS (Francis, 2011)



QoL & Patient Satisfaction: The Future?

- ERAS does not appear to compromise QoL or patient satisfaction.
- More research to design & validate ERAS orientated instruments.
- QoL & patient satisfaction may become a key part of outcome measures and commissioning.