



Adj A/Prof Vishal G Shelat

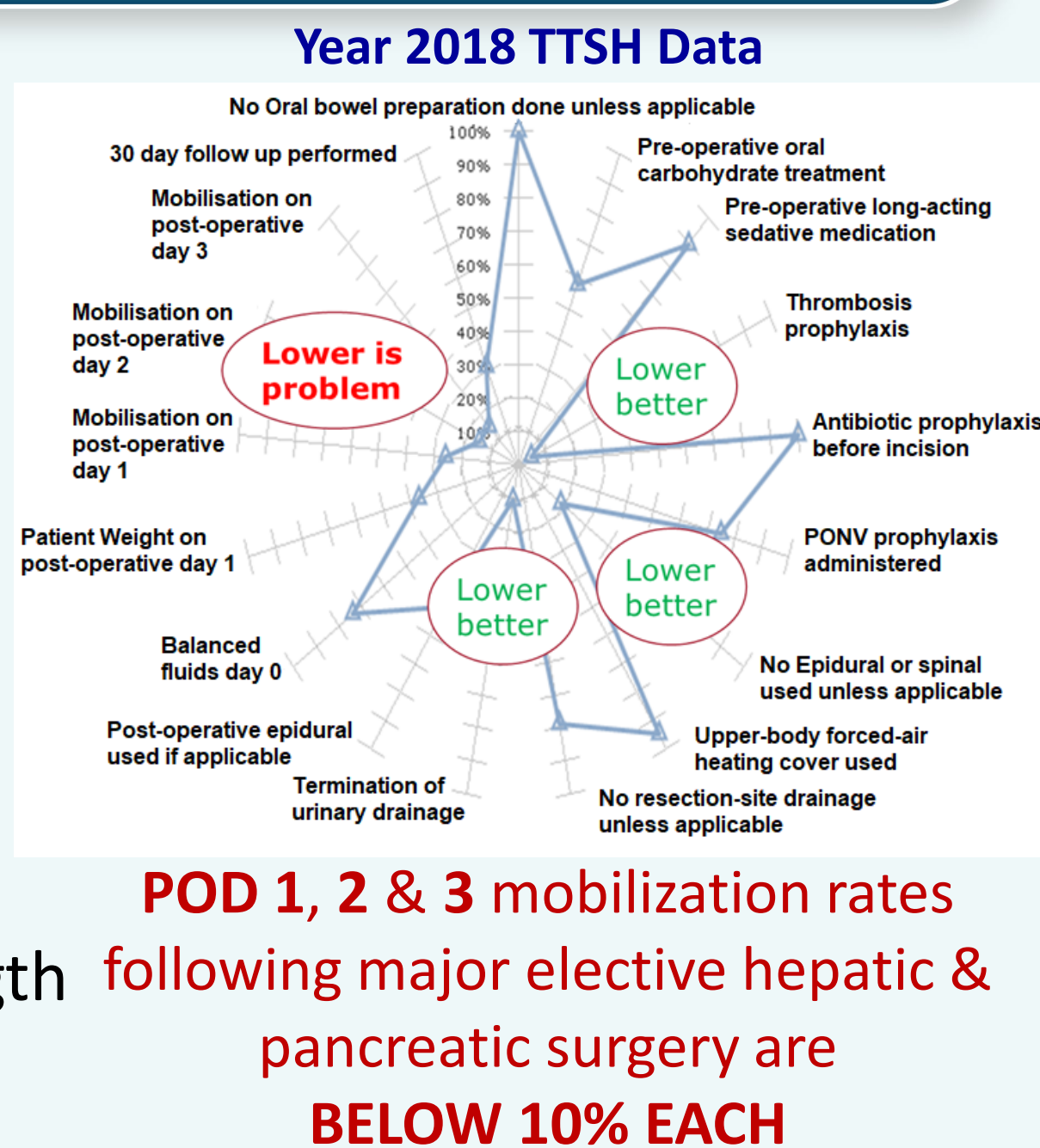
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Improving and Sustaining Post-Operative Mobilization Rates in Elective Hepato-Pancreato-Biliary (HPB) Surgery Patients

Problem Statement

Poor post-operative mobilization causes:

- Increased Muscle Loss
- Pneumonia
- Deep Vein Thrombosis (DVT)
- Prolong Length of Stay (LOS)



Project Aim

To increase post-operative day (POD) 2 mobilization* rate from 22% to 75% (stretch goal: 90%) in patients undergoing elective hepatic and pancreatic surgery at TTSH over a sustained period

*Mobilization: Sit out of Bed \geq 6 hours & Walk 30m

Why 30 meters are chosen?

- In the Ward: Distance from the Corner of the Ward Cubicle to Toilet = 15m
- At Home (e.g. 4 Room Flat): Distance from Living Room to Toilet = 15m
- Therefore, in order for Patients to walk independently (walking to & fro): $2 \times 15 = 30m$.

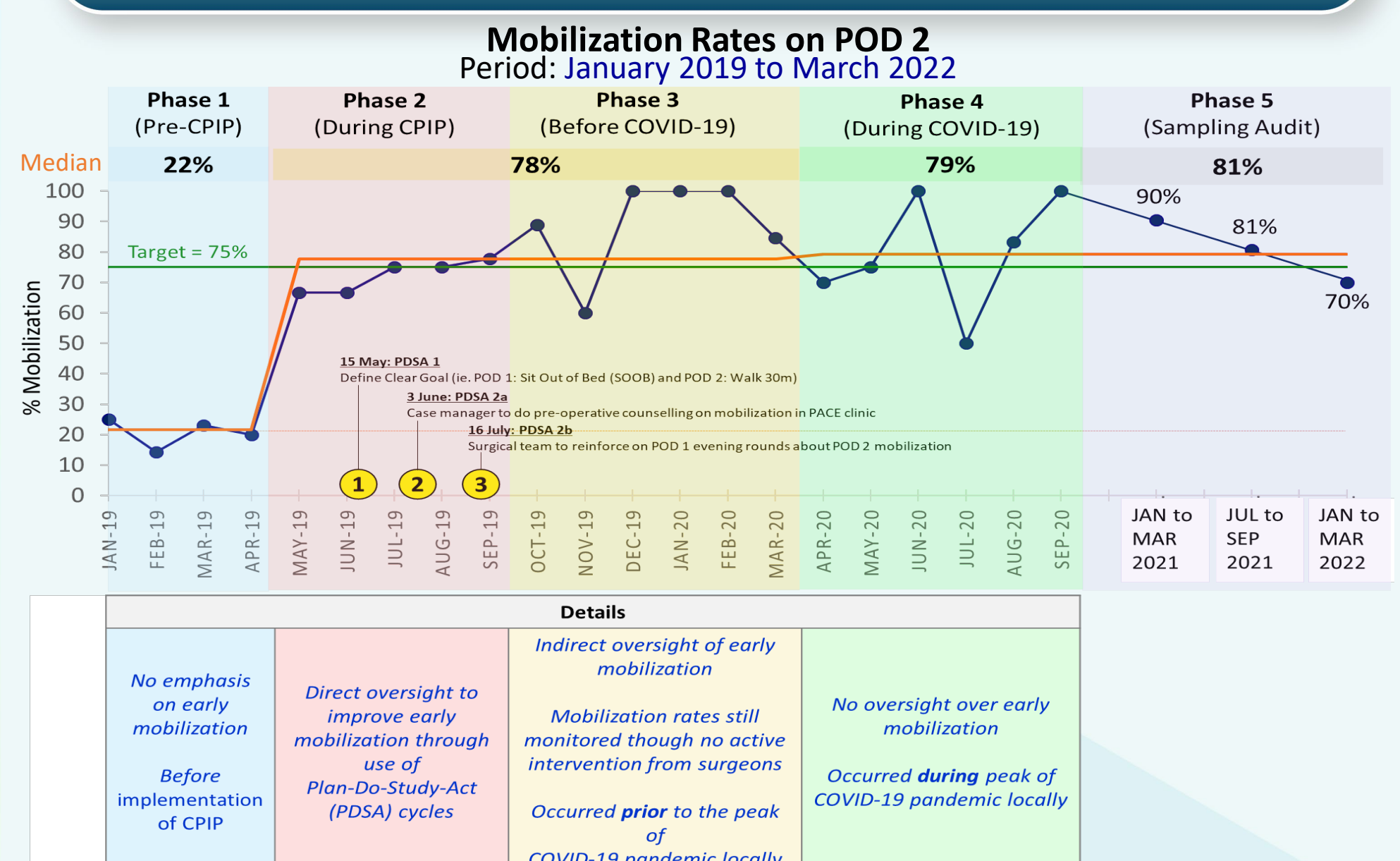
Lessons Learnt

- Patient care is about team work
- Visual display of clear goals and expectation on mobilization criteria
- Patient participation is essential "Nothing about me without me"
- Listening and understanding what matter to patient is essential
- Quality improvement initiatives are not a substitute for inadequate resources

Potential Solutions

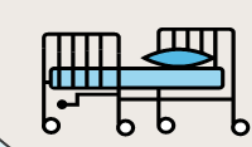
Root Cause	Intervention	Implementation Date
Cause 1: Lack of Agreed & Clear Definition of Mobilization Goal	PDSA 1: Clearly define mobilization targets / goals (ie. POD 1: Sit Out of Bed & POD 2: Walk 30m)	15 May 2019 to 2 June 2019
Cause 2: Lack of Patients Understanding of Benefits of Mobilization	PDSA 2A: Case Manager at Pre-operative Anaesthesia Counselling & Evaluation (PACE) clinic to include post-operative mobilization into counselling	3 June 2019 to 15 July 2019
	PDSA 2B: Surgical team to reinforce on POD 1 evening rounds about POD 2 mobilization	16 July 2019 to 31 July 2019

Outcomes & Impacts



GOOD OUTCOME:
Mobilization rate on POD 2 following elective major HPB surgery improved from 22% to 78%, and further sustained and improved to 81% at two years.

180
inpatient bed days saved



VALUE
Estimated Cost Savings
\$200,520



(Total: 90 patients)