



## Post-operative care following appendicectomy – Are we getting it right first time?

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### Abstract:

Background: ‘Getting It Right First Time’ (GIRFT) identified significant variation in length of stay following appendicectomy, with leading trusts ‘able to discharge over half of patients within two days of admission’ (1). Our aim was to analyse length of stay following appendicectomy at Stockport NHSFT.

Methods: We audited 98 patients undergoing appendicectomy between June and December 2017, using the GIRFT 48-hour target as our audit standard for length of stay in uncomplicated appendicitis (i.e. no perforation, empyema or abscess formation). Online case notes were used to identify length of stay, diagnosis and barriers to discharge. We conducted a re-audit of 144 patients undergoing appendicectomy between October 2018 and April 2019.

Results: Our initial audit identified 61 cases of uncomplicated appendicitis with an average stay of 2.52 days. We identified unnecessary post-operative IV antibiotic prescriptions (2) and inadequate analgesia as leading causes of delayed discharge. Our re-audit identified 102 cases of uncomplicated appendicitis with an average stay of 2.30 days.

Discussion: GIRFT’s 48-hour target is achievable with diligent use of supportive therapies and avoidance of unnecessary IV antibiotic prescriptions. We created a template operation note for use within our department and raised awareness of our findings. Our re-audit identified a significant improvement in average length of stay.

### Biography:

Dr Aimee Lloyd graduated from Leeds Medical School in 2019 and is currently a foundation year 2 doctors working at Stepping Hill Hospital, Stockport. She has a keen inter-



est in surgery and is applying for core surgical training this year. She has a strong interest in medical leadership and has been appointed as the President of the Health Education England (HEE) North West junior doctor forum for 2020-21. She is also a part of a regional HEE leadership committee which arranges a variety of events throughout the year, for all trainees in the North West ranging from FY1-ST7. Aimee is a careers ambassador for Stepping Hill Hospital working with school students across the area to promote working in the healthcare industry.

### Publication of speakers:

1. Abercrombie J. General Surgery GIRFT Programme National Specialty Report [Internet]. Royal College of Surgeons & NHS Improvement; 2017. Available from: <http://gettingitrightfirsttime.co.uk/wp-content/uploads/2017/07/GIRFT-GeneralSurgeryReport-Aug17v1.pdf>.
2. Park HC, Kim MJ, Lee BH. Randomised clinical trial of antibiotic therapy for uncomplicated appendicitis. *British Journal of Surgery*. 2017;104(13):1785-1790.
3. Lloyd, Aimee & Russell, Matthew & Blanes, Lucas & Doble, Philip & Roux, Claude. (2013). Lab-on-a-chip screening of methamphetamine and pseudoephedrine in samples from clandestine laboratories. *Forensic Science International*. 228. 8.

[International Conference on Surgery and Anesthesia | August 10, 2020 | London, UK](#)

**Citation:** Lloyd. A; Post-operative care following appendicectomy – Are we getting it right first time?; Euro Surgery 2020: August 10, 2020; London, UK