

# **Factors influencing post-operative length of stay in patients undergoing Total Laparoscopic Hysterectomy – a single centre review of 574 cases over a 12-year period**

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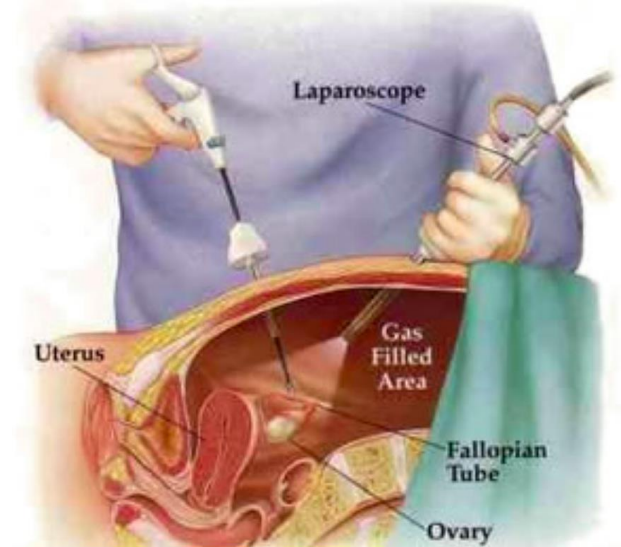
# Introduction

## Advantages:

- Reduced length of hospital stay
- Shorter recovery times
- Less pain/ wound complications
- Reduced risk of bowel/ bladder dysfunction

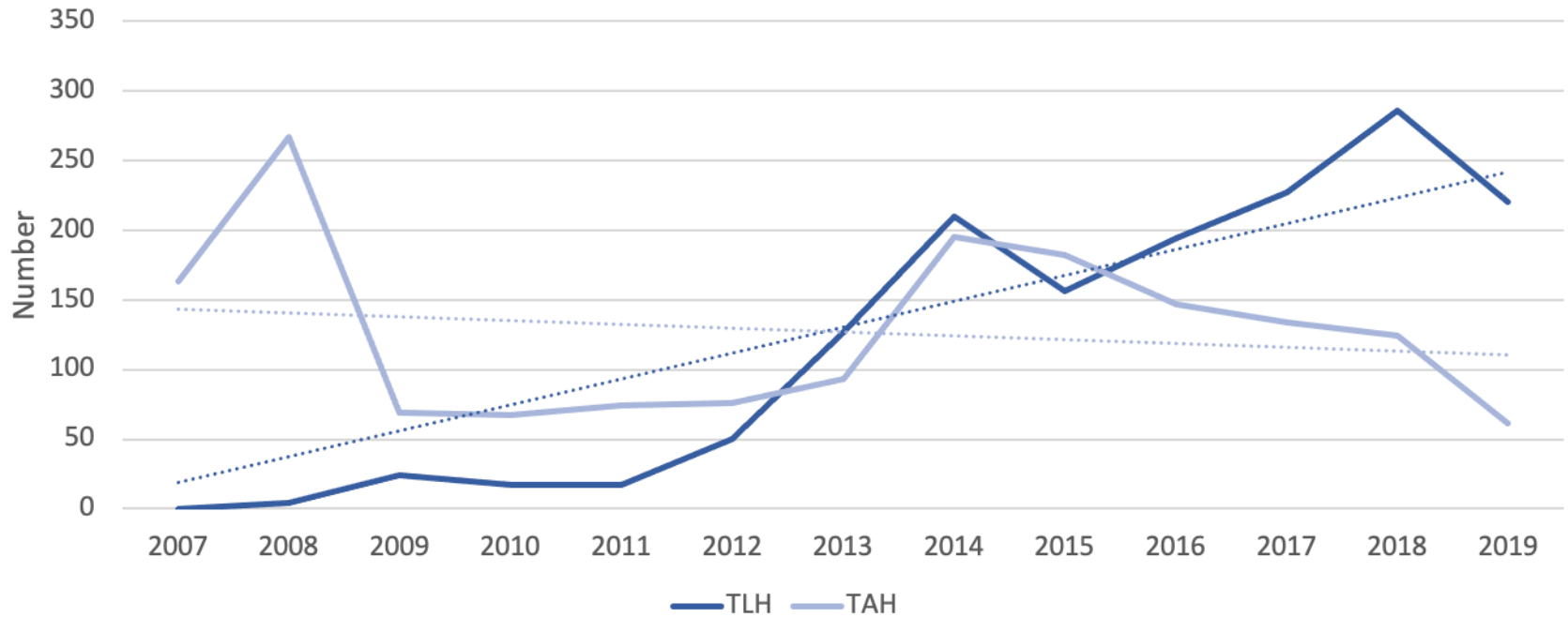
## Disadvantages:

- Long training course to achieve competence



# Introduction

The number of hysterectomies done by TAH and TLH approaches from 2007 to 2019



# Aims

- What is the trend in post-operative length of stay following Total Laparoscopic Hysterectomy (TLH) over time?
- What are the peri-operative factors that have an impact on post-operative length of stay?

# Methodology

All TLH performed by a single surgeon at RDH from 10/07/2008 to 31/03/2020

Case notes reviewed retrospectively

Data collected on:

Age

BMI

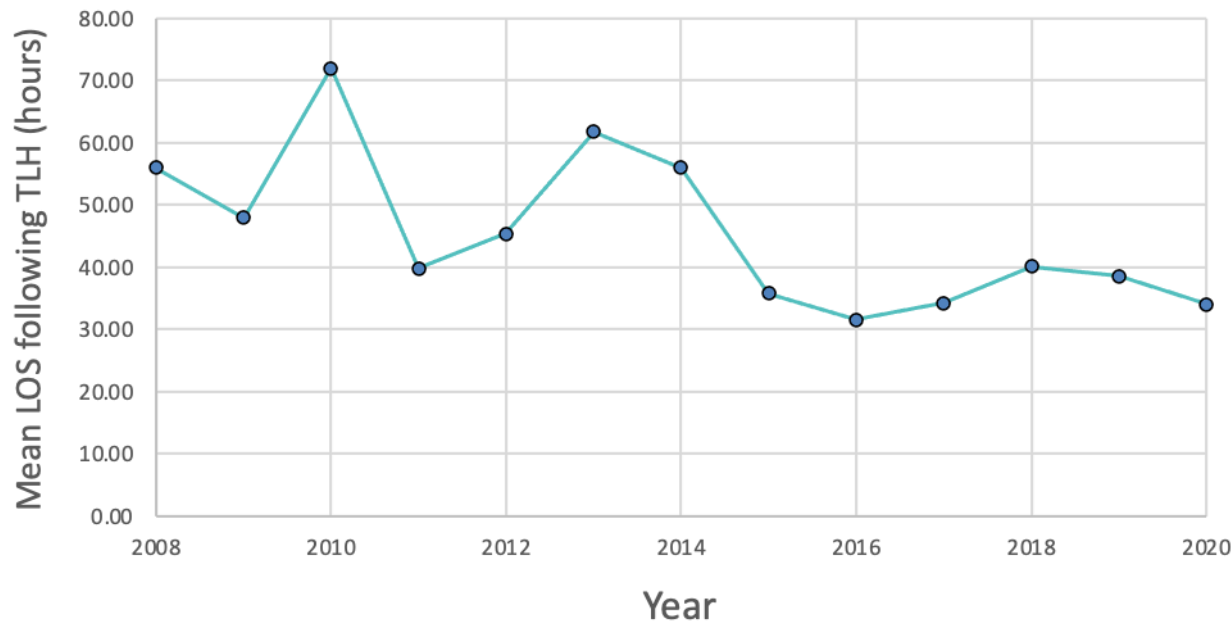
Total in-patient length of stay  
(LOS) following TLH

# Results

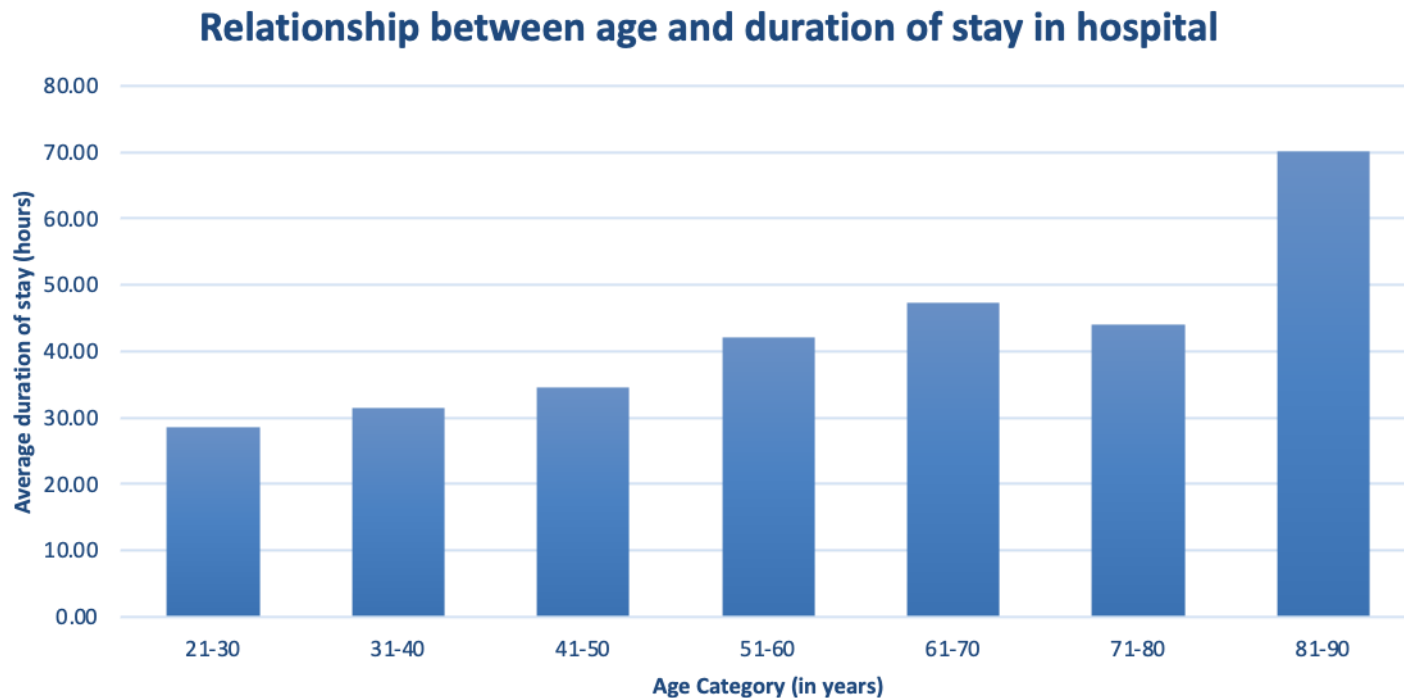
- Between 2008-2020, over 1,500 TLH procedures were carried out at Royal Derby Hospital
- Surgeon with the most experience had performed 574 TLH cases

Between 2008 and 2020, mean LOS following TLH decreased from 56 to 34 hours.

Average post-operative LOS over time



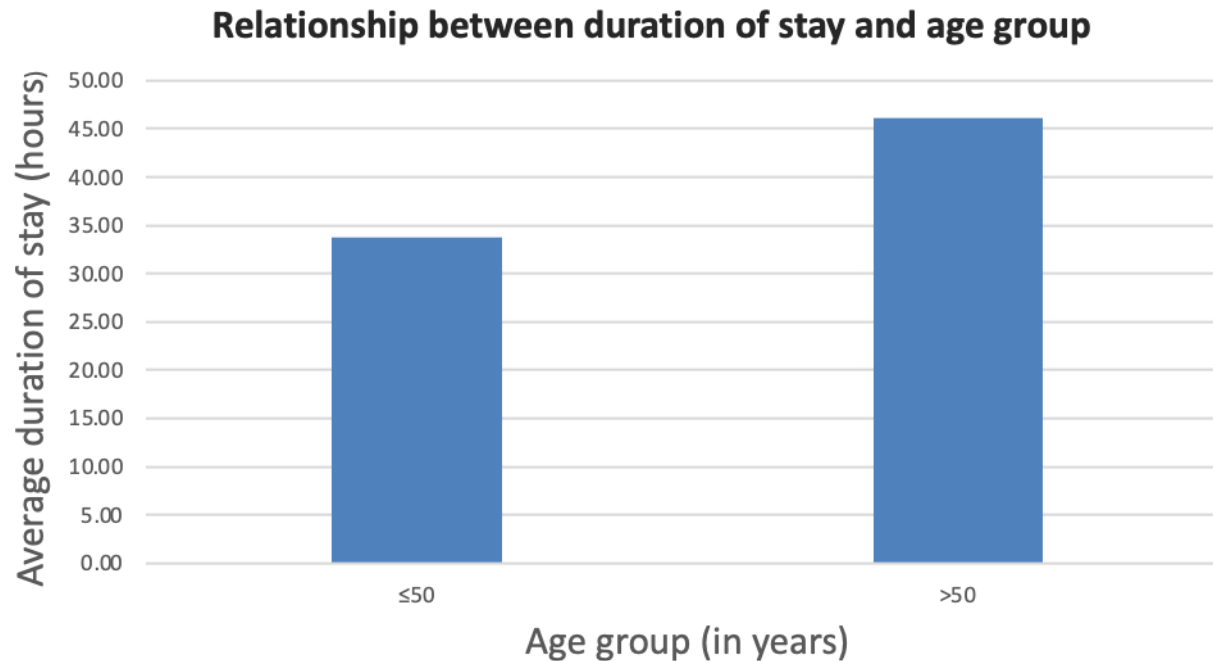
# Length of post-operative stay vs. age



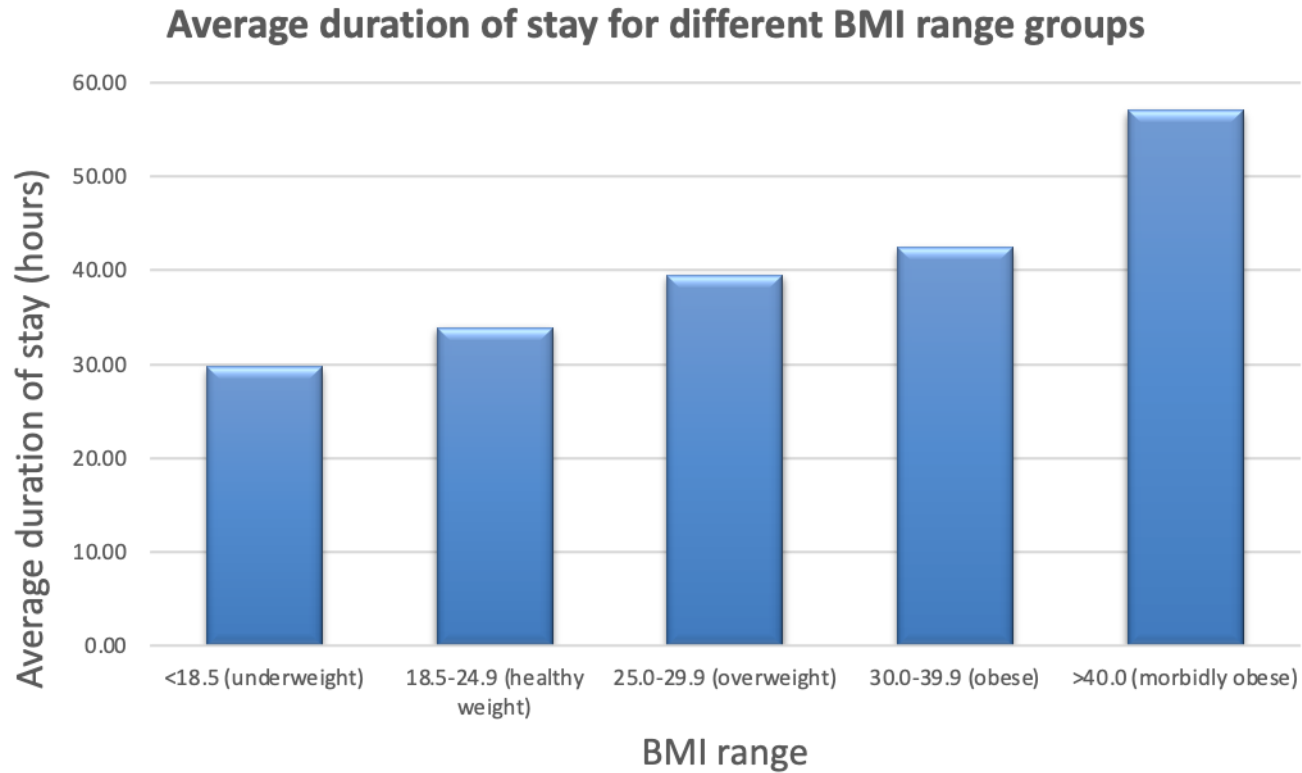


Patients aged  $\leq 50$  on average stayed in hospital for a significantly shorter time (33.8 hours) compared to those over 50 (46.1 hours).

$p = 0.001$

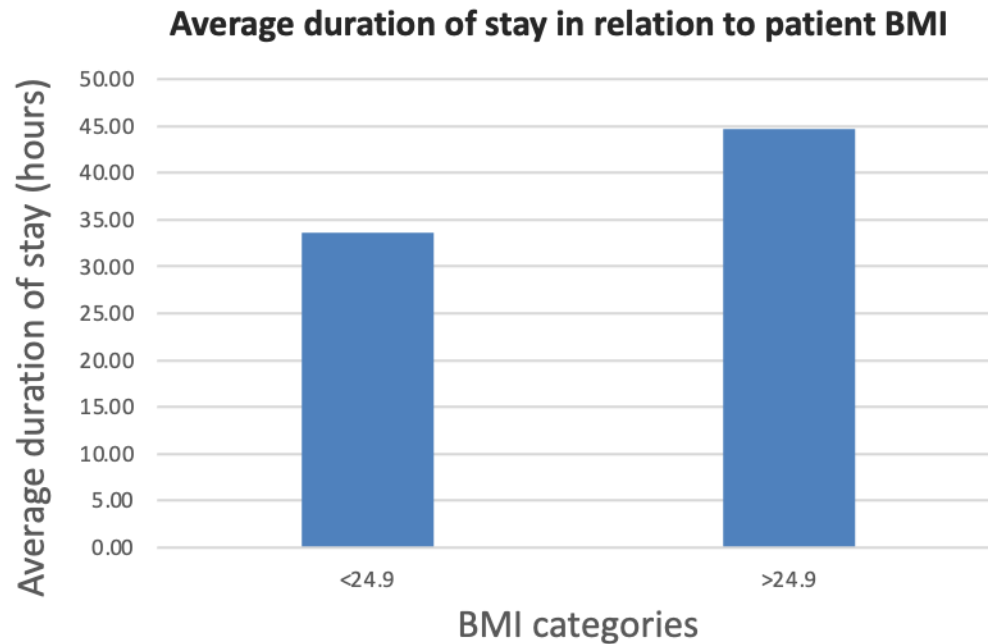


# Length of post-operative stay vs. BMI



Patients with a BMI <24.9 on average stayed in hospital for a significantly shorter time (33.6 hours) compared to those with a higher BMI (44.7 hours).

P = 0.025



# Conclusions

- Decrease in post-operative LOS following TLH over time is likely a reflection of increasing surgeon experience
- Women  $\leq 50$  years with normal BMI have the shortest post-operative length of stay following TLH
- Important point for patient counselling, theatre list and bed planning
- Day case hysterectomy: safe and feasible, but is it appropriate?

# Further work

- Other factors that may have contributed to delayed patient discharge

Thank you for listening!