



Is an escort back home always  
necessary?

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# History

- Many changes over the years in day surgery
- 1<sup>st</sup> paediatric day case procedure at turn of 20<sup>th</sup> Century
- In the last 25 years day case surgery has been extended to many procedures
- Day case surgery needs to be available for as many people as possible including patients who live alone

# History

- One of the newest changes in the UK in last year is the challenge on the need for a carer for the 1<sup>st</sup> 24 hours after a general anaesthetic

In the UK:

*‘Following **most** procedures under general anaesthesia, a responsible adult should escort the patient home and provide support for the first 24 hours after surgery. A carer at home may not be essential...Transport home should be by private car or taxi; public transport is not normally appropriate’.*

*Ref: Guidance of the provision of anaesthetic services, RCOA, 2015*

Who has a policy to let people stay at home alone?

Who has a policy to let people home without an  
escort?

In Europe/Scandinavia:

*In a survey in Scandinavia and some European countries in 2013 only 75% of day centres demanded an escort home on their discharge criteria (variation from 36% to 100%)*

*Ref: Day surgery variations in routines and practices a questionnaire survey; International Journal of Surgery; March 2013; Vol 11; Stomberg et al*

# Escort- what are they?

- Responsible adult
- A person the patient trusts
- A person who is able to receive information about the patient and be able to explain this information to the patient later
- Looks out for the patient

# Is it always necessary for an escort home?

Depends

## WHY?

Has the patient had:

- a general anaesthetic?
- a local anaesthetic only?
- sedation?

Is it always necessary for an escort home after a procedure with General Anaesthesia or Sedation?

YES



# WHY?

- Information recall – most important
- Journey home
- Settle in on arrival at home

# Information recall

- Study in 2010 by Blandford, Stocker et al in Torbay
  - Recall of new verbal information decreased after an anaesthetic
  - Longer the time new information was given after an anaesthetic better the recall
  - Recall not as good as those people who had not had an anaesthetic

*Ref: Ability of patients to retain and recall new information in the post-anaesthetic recovery period: a prospective clinical study in day surgery Anaesthesia; 66; 12 Dec 2011*

# Information recall

- Important information given to patients postoperatively
- Escorts can reiterate information verbally LATER
  - More likely to take the information in
- Escorts can take written information

# Journey home

- Another major concern is that if patients do not have an escort then they may be tempted to drive home
  - This goes against the requirement not to drive for 24 hours post general anaesthetic or sedation
- Taxi drivers can not be an escort as they do not fulfil the criteria of an escort

# Settle in at home

- Is the patient ok?
- Does the patient have all they need?
- Do they understand the post operative instructions?
- Do they know where the written instructions are?
- Do they have phone numbers that may be needed?

# Conclusion

- Many changes in day surgery over the years
- Aim is to extend day surgery to all patients including those patients who live alone
- But allowing patients home after general anaesthetic or sedation without an escort, is that a step too far?

Thank you