Routine admissions for mastectomy patients are unnecessary: contemporary insights from a patient-centered outcome study

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Background: Mastectomy patients are often routinely admitted overnight after surgery. Previous studies have shown success with same-day discharge for certain mastectomy patients. In this study, we aim to determine the satisfaction of patients who were discharged the same day of their mastectomy surgery.

Methods: From January 1, 2013 to December 31, 2015, 208 consecutive patients undergoing a single or bilateral mastectomy with and without reconstruction were retrospectively studied. Of these patients, 149 who had an outpatient mastectomy (OM) participated in a telephone survey regarding their experiences. Their satisfaction were analyzed with a short telephone survey. Exclusion from the survey included patients who were admitted, patients who had autologous reconstruction, patients who are deceased, patients who are males, patients who were unable to be contacted, and patients who declined participation.

Results: Of the 149 patients surveyed, none had to be re-admitted or re-operated. Most of these patients were either satisfied or very satisfied with their outpatient mastectomy experience and would recommend same-day discharge for patients undergoing a mastectomy or a mastectomy with reconstruction.

Conclusion: Despite many reservations and controversies regarding outpatient mastectomy, this practice is safe, feasible, and can lead to positive patient experiences if patients are appropriately counseled and selected pre-operatively.

Objective
- In this study, we aim to be the first known group to determine the satisfaction of patients who were discharged the same day of their mastectomy surgery through a telephone survey.

Methods
- From January 1, 2013 to December 31, 2015, 208 consecutive patients in a private practice setting undergoing a single or bilateral mastectomy with and without reconstruction were retrospectively studied.
- All surgeries were done in a tertiary care hospital with inpatient admission privileges.
- Only patients who had same-day discharges were contacted with a five question survey regarding their experiences.
- Each patient undergoing a mastectomy procedure was thoroughly educated and counseled pre-operatively in regards to their post-operative care at home. Detailed instructions and expectations were discussed.
- Same-day discharge was encouraged if patients met routine criteria post-operatively in the recovery room.

Results
- Of the 208 patients studied, 149 participated in the survey.
- Average age of patients surveyed was 56 years old.
- No patients who had same-day discharges had to be re-admitted or re-operated within 48 hours.
- Most of the patients (82%) who were surveyed were either satisfied or very satisfied with their outpatient mastectomy experience and would recommend a same-day discharge plan for patients undergoing a mastectomy or a mastectomy with reconstruction.
- There is very little correlation between age and satisfaction with OM.
- There is a moderate correlation between perceived support at home and satisfaction with OM.
- There is almost no correlation between having a bilateral mastectomy and satisfaction with OM.
- There is almost no correlation between having reconstruction and satisfaction with OM.

Table 1: Procedure

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Number of patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients with bilateral mastectomy</td>
<td>87/149</td>
</tr>
<tr>
<td>Patients with reconstruction</td>
<td>95/149</td>
</tr>
<tr>
<td>Patients with bilateral mastectomy and reconstruction</td>
<td>67/149</td>
</tr>
</tbody>
</table>

Table 2: Correlation of satisfaction with OM

<table>
<thead>
<tr>
<th>Factor</th>
<th>Correlation Coefficient</th>
</tr>
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<tbody>
<tr>
<td>Age</td>
<td>-0.082</td>
</tr>
<tr>
<td>Comfortability with OM plan pre-op</td>
<td>0.674</td>
</tr>
<tr>
<td>Facing a bilateral mastectomy vs. unilateral</td>
<td>0.030</td>
</tr>
<tr>
<td>Facing reconstruction vs. no reconstruction</td>
<td>-0.038</td>
</tr>
<tr>
<td>Facing adequate support at home</td>
<td>-0.510</td>
</tr>
</tbody>
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References