



Implementation of Post-Mastectomy Home Recovery Program in a Large, Integrated Health Delivery System

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Purpose

Pilot Program

- **Assess the feasibility and safety of a surgical home recovery (SHR) program for patients undergoing mastectomy, including bilateral procedures and implant-based reconstruction.**

Surgical Home Recovery Initiative

Implementation Period: Oct 2017 – Mar 2018



Consultation

Patient Selection

Managing Expectations

Patient Education

Operation

ERAS

Anesthesia

Discharge care plans

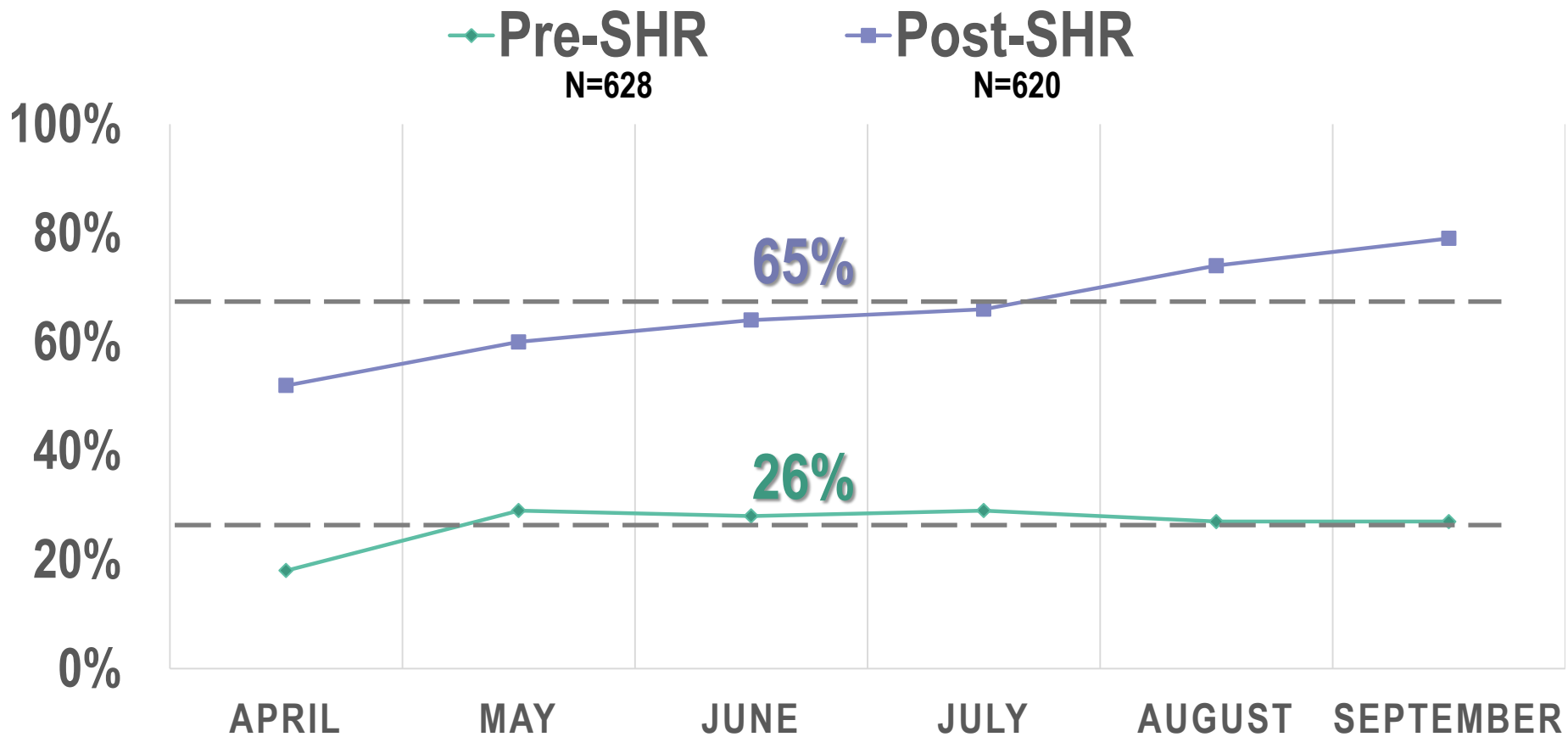
Recovery

Drain Care

Pain Management

Follow-Up Call

Outpatient Mastectomy Rate



Type of Mastectomy: Home Recovery

p<0.001

Pre-SHR

Post-SHR

Inpatient

Outpatient

% OP

Inpatient

Outpatient

% OP

**Bilateral
w/ Recon**

59
(12.7%)

2
(1.2%)

3.3%

57
(26.3%)

37
(9.2%)

39.4%

**Bilateral
No Recon**

44
(9.5%)

17
(10.4%)

27.8%

18
(8.3%)

48
(11.9%)

72.7%

**Unilateral
w/ Recon**

256
(55.2%)

122
(74.4%)

32.3%

80
(36.9%)

233
(57.8%)

74.4%

**Unilateral
No Recon**

105
(22.6%)

23
(14%)

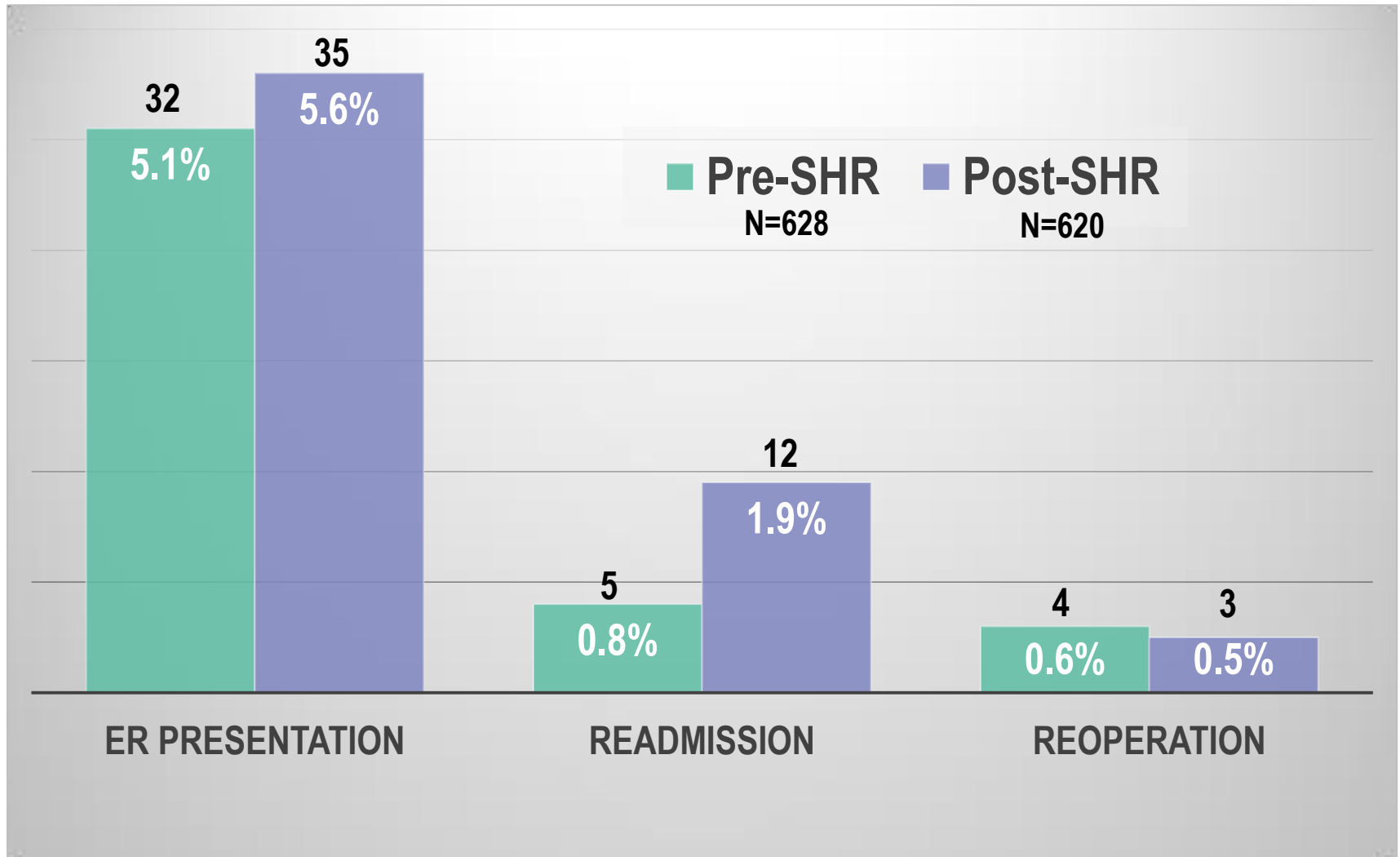
18%

62
(28.6%)

85
(21.1%)

57.8%

Complications: Pre-SHR vs. Post-SHR



p=NS for ED visits, readmissions, and reoperations

Conclusions

- SHR Initiative increased the rate of outpatient mastectomies from **26%** to **65%** across **21** hospitals.
 - March 2019: **86%** of mastectomies undergo home recovery
- SHR Initiative success is dependent on a **multidisciplinary, coordinated effort** among surgeon champions, breast care coordinators, anesthesiologists, plastic surgeons, and PACU recovery nurses.
- There were **no differences in 7-day ED visits, reoperations, or readmissions** before and after the SHR initiative.