Methods

A national network was inaugurated to improve the recovery of all families following elective caesarean section in Scotland. Thirteen hospitals across all of Scotland’s mainland health boards combined to deliver a standardised national pathway: a novel multidisciplinary (midwifery, anaesthetic and physiotherapy) preparation class, to deliver excellent preoperative education and engage expectant families in their anticipated recovery; and a perioperative care bundle, incorporating

- Early return to oral diet,
- Prompt discontinuation of intravenous fluids,
- Early mobilisation, and
- Timely removal of urinary catheter.

Data was collected for all elective caesarean sections and made available through a national dashboard to guide quality improvement and assess impact.

Results / Outcomes

Data was analysed for 2,317 mothers. As bundle compliance increased from 0 to 5 the median length of stay fell from 53.5 to 35 hours (see figure 1). The percentage of mothers returning home on the first postoperative day was 44.3% compared to less than 5% in 2015 (p < 0.001). Delivering the whole bundle of care has a significant impact; however, only 20.6% of mothers currently achieve all five bundle elements. In light of this, we are focusing on improving complete bundle compliance and expanding this initiative to emergency caesarean sections.

References


Figure 1: Boxplot showing bundle compliance (0 – 5) and length of stay following planned caesarean section (Kruskal-Wallis p < 0.001).