



Aim

A fast track bariatric service at North Bristol NHS Trust has been shown to improve waiting times and capacity for surgery^[1]
There has been little research carried out looking into the impact this has on patient experience
We aimed to identify which elements of this service are most beneficial and any areas for improvement

Method

We created a survey consisting of 20 Likert scale and free text questions
This was distributed to patients who have undergone bariatric surgery at North Bristol Trust via an online support forum for bariatric surgery

Results

Twenty patients responded to the questionnaire
The majority underwent either a sleeve gastrectomy of Roux-en-Y bypass

- Patients received information about the fast track experience from the bariatric specialist nurse (25%), outpatient appointments (24%) and information leaflets (24%) as demonstrated in Figure 1
- 100% felt they received adequate preoperative preparation
- 90% felt a specialist nurse was essential to the 24 hour discharge process
- 21% had concerns about developing post-operative complications [Figure 2]
- Although 13% of patients were worried about having adequate pain relief [Figure 2] on discharge 90% felt their pain was well controlled at home
- 70% experienced psychological benefits from a less than 24 hour discharge

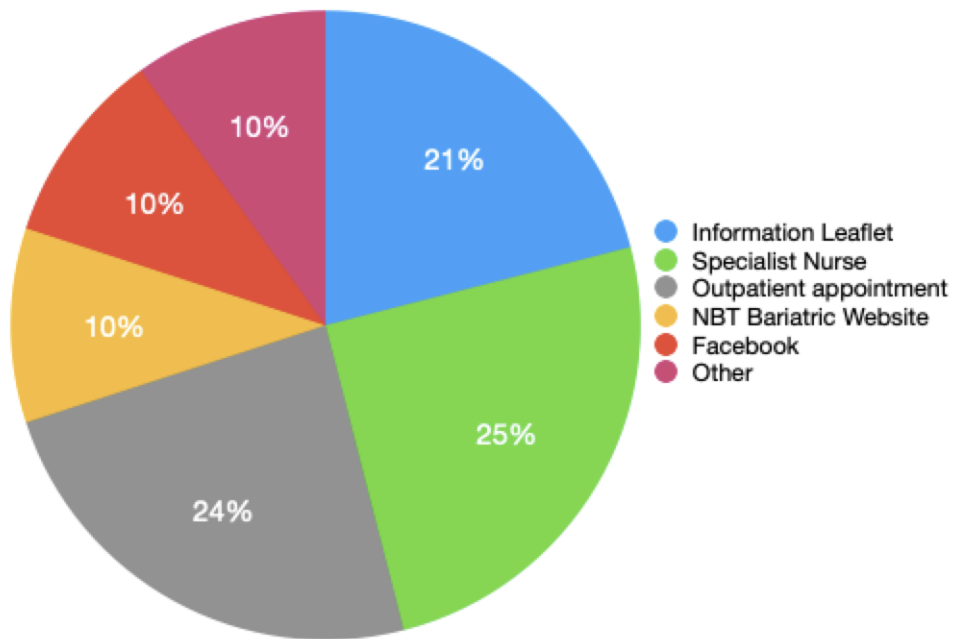
Patient Comments

I was much more comfortable and managed to sleep at home. I knew the team were at the end of the phone and felt well prepared with how to self care post op

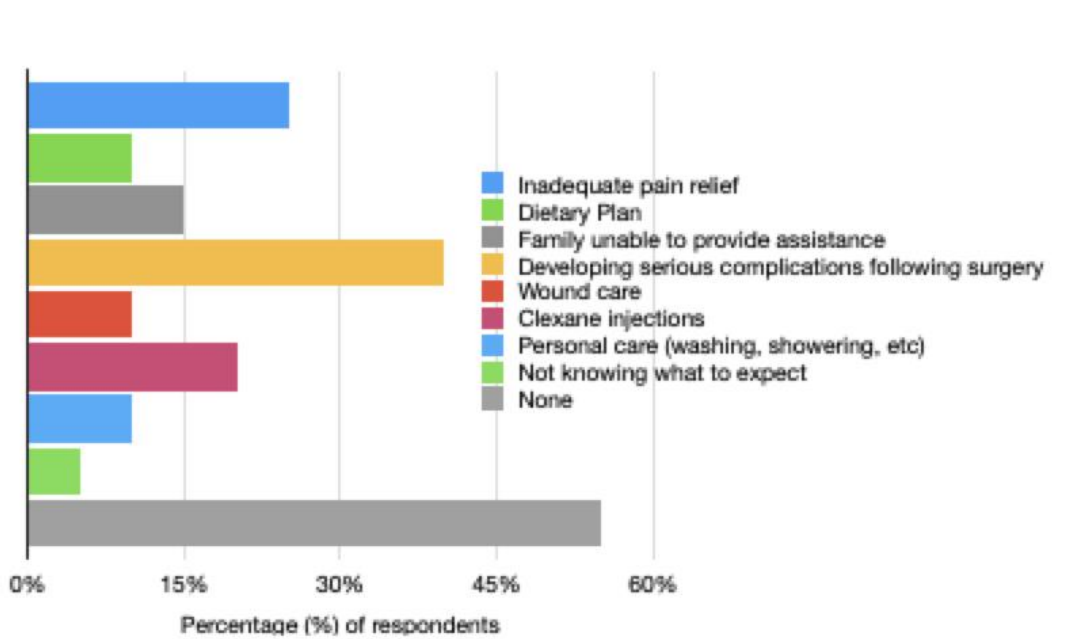
My discharge went smoothly. My meds were ready my paperwork was ready .. I was happy to leave

I was very well prepared and had excellent support as and when needed post op

Source of Information [Figure 1]



Concerns surrounding discharge [Figure 2]



Conclusion

Fast track service has a positive impact on recovery and overall wellbeing

Key Statement

In an era where there are increased pressures on service provision due to the current Covid-19 pandemic, patient experience must remain central in the decision-making process when developing or modifying services.

References

[1] Rossiter A, Sudlow, Arvind N. Is the implementation of a fast track bariatric service safe and achievable? BOMSS Annual Scientific Meeting, Belfast, January 2019