“Ward Based Cardiothoracic Advanced Practitioners Reduce Length of Stay and Improve Patient outcomes”

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• Health care reform = improved patient outcomes whilst reducing costs
• Provider shortage of junior medical staff = reliance on locums
• Development of experienced nursing staff to develop a vital role in high quality, cost effective care to acute cardio thoracic patients
• Optimizing hospital throughput whilst ensuring patient safety
• 2011: Introduction of Advanced practitioners to provide the core medical care on the cardiothoracic wards
• This had a positive impact on length of stay and patient satisfaction
Reduction in length of stay – How?

• Transformation of the pathways
  – Enhanced Recovery
  – Same Day admissions
  – Early post discharge nurse led follow up

• Change from historical reliance on locum staff
An advanced practitioner is:-

• A specialist in their field
• Experience
• Intuition
• Early pattern recognition
• Continuity
• Efficiency
• Timely reviews & repeat reviews
• Confidence – patients relatives &

“continuity of care”
Getting the jobs done

• Knowing your caseload
• Taking responsibility
• Confidence in independent decision making
• Timely management of jobs
  – discharge planning
  – Daily reviews – CXR, bloods, ECGs etc
  – Initiation of appropriate, timely treatment plans
  – Prompt appropriate management of ward jobs medicines, referrals, TTOs
Earlier discharge

• ANP led clinic including;
  – post discharge reviews
  – Ambulatory chest drains
  – 28 patients saved 271 bed days (April 2015 – April 2016)

• Confidence to discharge early – Consultant confidence
# Cardiac reduction in LoS

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2016</th>
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<tbody>
<tr>
<td>Cardiac LoS</td>
<td>10.25</td>
<td>8.77</td>
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<table>
<thead>
<tr>
<th>Discharge</th>
<th>0-3 days</th>
<th>4-5 days</th>
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<tbody>
<tr>
<td>2009</td>
<td>1.2 %</td>
<td>25%</td>
</tr>
<tr>
<td>2016</td>
<td>5.3%</td>
<td>32%</td>
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## Thoracic reduction in LoS

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2016</th>
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<tbody>
<tr>
<td>Thoracic surgery</td>
<td>6.94 days</td>
<td>5.45 days</td>
</tr>
<tr>
<td>Discharge</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0-3 days</td>
<td>4-5 days</td>
</tr>
<tr>
<td>2009</td>
<td>33.7%</td>
<td>18.5%</td>
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<tr>
<td>2016</td>
<td>43.5%</td>
<td>32.5%</td>
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Patient Satisfaction

• 100 patient satisfaction surveys
  – 61.6% response rate
  – 71% anxious about recovery
  – 78% of these said they felt less anxious after their earlier review
  – 95.2% expressed benefit of being able to ask questions
Patient comments

“ It gives me peace of mind that my recovery was progressing well”

“It was very welcome, 6-8 weeks seemed a very long way away”

“It is a major problem when you are let out early now a days – you feel very insecure when the doctors and nurses aren't around”
ANPs have developed a reformed, cost productive model of care.

- ANP on the cardiothoracic wards have provided;
  - High quality care
  - Are cost effective
  - Optimise hospital through put and management of resources
  - Improve patient safety
  - Reduce LOS
  - Enhance patient outcomes
Thank you

Any Questions