

One Day Surgery Times

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Wishing you & your family a
Healthy & Prosperous New Year

From the Editors Desk:

On behalf of my family and staff of One day Surgery Center - Babulnath Hospital, I wish you all a Very Happy New Year.

Day Care Surgery: Mother of all Surgeries: History in brief.



Then.....



Shushrut



Ambulatory Catheterisation



Walking back from OT after Hernia surgery.

Introduction:

Day Care surgery is an established norm for dispensing High Quality, affordable surgery to patient population in General. These surgeries do not require overnight hospital stay.

However, they do require a complete OT set up and back-up. Few hours of observation, though, the recovery time is cut short due to advancement in technology and better drugs.

Nomenclature:

Major & Minor Ambulatory Surgery, Day Care, One-Day, Day Case, 23 hrs., Office procedure, OPD procedure.

Common types of surgeries:

Cataract, D & C, Diag. & Op. Laparoscopy, SMR, Septoplasty, Rhinoplasty, Herniotomy/Plasty, Haemorrhoidectomy, Fistulectomy, Pilonidal sinus excision, Liposuction, Mamoplasty, Gynaecomastia correction, Laparoscopic surgeries, LASER Prostatectomy, Orchidectomy, Orchidopexy, Varicocele, Varicose vein, Diabetic foot, etc. Extending to over 250 types of surgeries.

Surgical specialties encompassed:

Ophthalmic surgeries. General Surgery. Urology.
ENT Surgeries. Pediatric surgery. Orthopedic surgery.
Gynecological surgeries. Plastic surgery. Dental.

Progress of Day Surgery has been like that of Cricket:



Test Match: 5 days of cricket, traditional. Some patients need to be under observation for certain routine surgeries.



One Day International = One Day Surgery.



Twenty 20 = Ophthal. Surg. Back home in few hours.

How is it possible:

- Advancement of technology: Surgical and Anaesthesia.
- Better availability of anesthetic drugs.
- Superior quality of suture material.
- More acceptability due to proven high safety.

What are the Advantages of ODS:

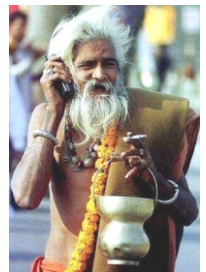
- Avoids hospitalisation.
- Early recovery & Return to work.
- Shorter anaesthesia, less side effects.
- Reduces hospital acquired infection.
- Faster recovery in familiar surroundings.
- Less inconvenience to everyone.
- Reduces loss of Time & Money.

Statistics:

- Bed: Patient ratio 1:1462 in Mumbai.
- Recommended 1:250 by WHO.
- Deficient by 42,000 bed.
- Maintenance cost Rs. 1750/- Per day per bed.

Statistics:

- 60% of patients attending surgical OPD can be operated as Day Case.
- Frees beds for critical and needy cases.
- Reduces congestion of the OT.
- Safe and easy to set-up.
- Low Setting-up cost of a center: lower overheads.
- Well established : UK: 80% cases in 2008 : USA: 46 mill. cases in 2008



Technological advances have touched everyone.

Do we need it?

Wanted: More hospital beds

According to a BMC study, civic hospitals are struggling to cope with the patient flow

City	Population	Regulatory Bed	Master Budget In crore	
City	9	21,00,000	4,452	16,500 (22.7%)
Mumbai	16	66,40,172	2,765	6,000 (22.4%)

Unfavourable ratio

Country	Number of beds per bed
Hong Kong	2003
Japan	286.1
Singapore	246.1
UK	285.2
Malaysia	252.2
Maldives	142.3

At a time when the BMC study shows that the number of beds per bed is 1:1462 in Mumbai, the WHO recommends 1:250. The BMC study also points out that the average waiting time for a patient to get a bed in the city's hospitals is 10 days.

Most Privatised Health care system:

Expenditure on healthcare:

- Govt. : 17% catering for 60% population.
 - Private: 63% catering for 40% population.
- Total of GDP on healthcare: 5.1%
- Govt. : 0.9%
 - Private: 4.2%

Insurance:

We shall not indemnify you for any period of hospitalisation of less than 24 hours except for the 126 Day Care procedures the list of which is annexed

1. If you suffer a stroke within 60 days of the date when you last obtained medical treatment or consulted a Doctor and which is not a stroke which has been treated, then such stroke shall be deemed to be a stroke under this Policy.
2. If you are hospitalized in a hospital other than a Network Hospital, the terms and conditions of the plan available under this Policy and the Schedule, if any, shall apply to the extent of that term.
3. We do not indemnify you for any period of hospitalisation of less than 24 hours except for the 126 Day Care procedures the list of which is annexed.
4. The day care procedures listed are subject to the exclusions, terms and conditions of the policy and will not be treated as hospitalization coverage under the policy. A pre-approval certificate after the expiry of the 72 hour period referred to in Section C1 above, shall be provided to you at the time of hospitalization for each and every claim, subject to submission of the claim for the actual treatment received. However, it is hereby stated that the above shall not apply to the extent of the claim for the actual treatment received in India.

DAY CARE PROCEDURE means the course of medical treatment / surgical procedure in specialized Day Care Cent which enables the insured to be discharged on the same day. The requirement of minimum number of beds will be waived, provided other conditions are met.

Protocols and Criteria's for Safe Practice:

Patient selection:

- Medically fit and stable patients {ASA I, II, III (well controlled)}.
- Well motivated and psychologically / mentally stable.
- Toilet, transport, telephone and responsible relation at home.
- Body Mass Index < 35.

Exclusions & Exceptions:

- Medically unfit for discharge on the same day.
- Mental retardation / psychologically unstable .
- Highly infectious disease.
- Upper respiratory tract infection.
- Premature or less than 6 month old babies.
- Requiring extensive post-op. Monitoring.
- Long distance from home.
- Shock / trauma.
- High fever.

Type of Anaesthesia:

- Pudendal block. - General Anaesthesia.
- Ring block. - Short acting GA & I.V. Sedation:
- Field block. - Medazolam, Pentazocin,
- Spinal. - Phenergan;
- Caudal block. - Ketamine, Propofol.

Local Anaesthesia commonly used:

- 2% Lignocaine HCl, with or without adrenaline.
- 0.5% Bupivacaine.
- Mixed in equal quantity.
- Injected through a 26G or 27G no. Needle.



With a population of over 1 billion, every other person will be touched by some form of One Day Surgery in their life time, making it almost half a billion patients!

Now.....



Any other Surgeries / Procedures agreed by TPA / COMPANY which requires less than 24 hours hospitalisation due to subsequent advancement in Medical Technology.

1. Endoscopic treatment of Gallstones	31. Endoscopic treatment of Gallstones
2. Endoscopic treatment of Gallstones	32. Endoscopic treatment of Gallstones
3. Endoscopic treatment of Gallstones	33. Endoscopic treatment of Gallstones
4. Endoscopic treatment of Gallstones	34. Endoscopic treatment of Gallstones
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30. Endoscopic treatment of Gallstones	60. Endoscopic treatment of Gallstones

"DAY CARE PROCEDURES"

1. Surgical debridement of wound.
2. Therapeutic Arthroscopic Surgery.
3. Therapeutic Pleural Tapping.
4. Therapeutic Joint Aspiration.
5. Aspiration of an internal abscess under ultrasound guidance.
6. Aspiration of hematomata.
7. Incision and Drainage.
8. Endoscopic Foreign Body Removal - trachea / pharynx/larynx.
9. True cut Biopsy - breast / liver / kidney-Lymph Node/PLE.
10. Endoscopic Foreign Body Removal - trachea / pharynx/larynx.
11. Sclerotherapy.
12. Dilatation of digestive tract strictures.
13. Endoscopic ultrasonography and biopsy.
14. Nissen Fundoplication for Hiatus Hernia / Gastro esophageal Reflux Disease.
15. Endoscopic placement/removal of stents.
16. Endoscopic Gastrostomy.

Mediclaim Policy

Remember:

In the city of Mumbai, only 17% are covered by Medical Insurance. At all India level, just 2%. Rest pay out of pocket or other form of reimbursement, which is limited. One Day Surgery can cater to these large numbers of patient population.

Patient preparation:

- Examination & diagnosis.
- Investigations.
- Medical fitness.
- Overnight fasting.
- Bowel preparation.
- Advise regarding pre-op. Medications.
- Reassurance to patient for post-op care.

Discharge Criteria:

- The patient is fully conscious.
- Haemodynamically stable.
- No giddiness on standing.
- Able to walk without support.
- Taking orally without vomiting.
- No or minimal pain.
- Passed urine.
- Responsible person is present.
- No complications.

Instructions on discharge:

- Written instructions.
- Verbal instructions.
- Contact no.s in case of any questions and complications.
- Instruction on how to look for complications and its management.
- Team work: involve Family physician.
- Reassurance of re-admission.

Conclusion:

- One Day Surgery is The Mother of all surgeries:
- Involves all surgical specialities & Interventions.
 - Minimal Dissection.
 - Laparoscopic surgeries.
 - Economical in time & money.
 - Involves the best of technology.
 - Uses best available anaesthetic products.
 - Best trained Professionals for its success.

-T. Naresh Row, President, The Indian Association of Day Surgery.

Fully equipped, Multi specialty, Free Standing (Stand Alone), One Day Surgery Center. Simple, Modern, & ISO Certified. Providing High quality, affordable surgeries.

Patient's convenience and safety is our prime concern.