

TITLE: ENHANCED RECOVERY REDUCES LENGTH OF STAY AND IMPROVES VALUE FOR PATIENTS UNDERGOING ELECTIVE CESAREAN SECTION

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BACKGROUND: Enhanced Recovery After Surgery (ERAS) is a patient-centric, team-based model of care that encompasses the goals of a rapidly approaching health care paradigm shift, which emphasizes value, patient satisfaction and reduced costs.

Until recently there has been little interest in implementing ERAS for Cesarean Section in the United States, however since 2012, multiple obstetrical units in the United Kingdom introduced Enhanced Recovery Programs and demonstrated improved quality of care and significant savings with superior patient satisfaction. Our participation in the Perioperative Surgical Home Learning Collaborative and partnership with leading experts from the United Kingdom provided us with the unique opportunity to pioneer this pathway in the United States.

METHODS: The first year pilot included 100 low-risk patients with repeat Cesarean Section diagnosis. Empowering patients to take a significant role and ownership over decisions regarding their care is essential. Our team at Saint Peter's partnered with SeamlessMD, a leading provider of a clinical intelligence platform, to develop the first smartphone application to engage and empower our obstetrical patient population. The platform accommodates patient education, reminders and the ability to perform remote monitoring, as well as the ability to measure performance through an analytics dashboard.

RESULTS: Since August 2016, we have enrolled 140 patients. The average length of stay (LOS) reduced from 3.7 days to 2.40 days. We adjusted the financial model created by researchers at Johns Hopkins based on our local context and were capable of projecting the net direct variable costs and savings associated with the adoption of our program. Based on the implementation cost of \$48,000 and daily direct variable cost savings of \$1,516, the introduction of the ERAS Program will yield a 296% ROI during the first year. The return will increase to 451% in subsequent years.

CONCLUSION: Implementation of the Enhanced Recovery Program for patients undergoing elective Cesarean Sections can improve the value of care without forcing hospitals to incur a large expense. Cost savings associated with reduction in length of stay and improvement in patient outcomes and experience can justify the cost associated with the implementation of the program. Considering that more than 1.3 million Cesarean Sections are performed in the US annually, the potential cost saving exceeds \$1B.