# POST-BARIATRIC SURGERY PROTOCOL FOR OPTIMISED PERIOPERATIVE CARE AT HOME

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## Aim

To evaluate the effectiveness of the post-bariatric surgery SKH@Home protocol in reducing length of stay, facilitating a safe and seamless transition to home, achieving cost savings, and maintaining patient safety.

## Background

SKH@Home is an alternative inpatient care delivery model that offers clinically-suitable patients the option of being hospitalised in their own homes, instead of a hospital ward.

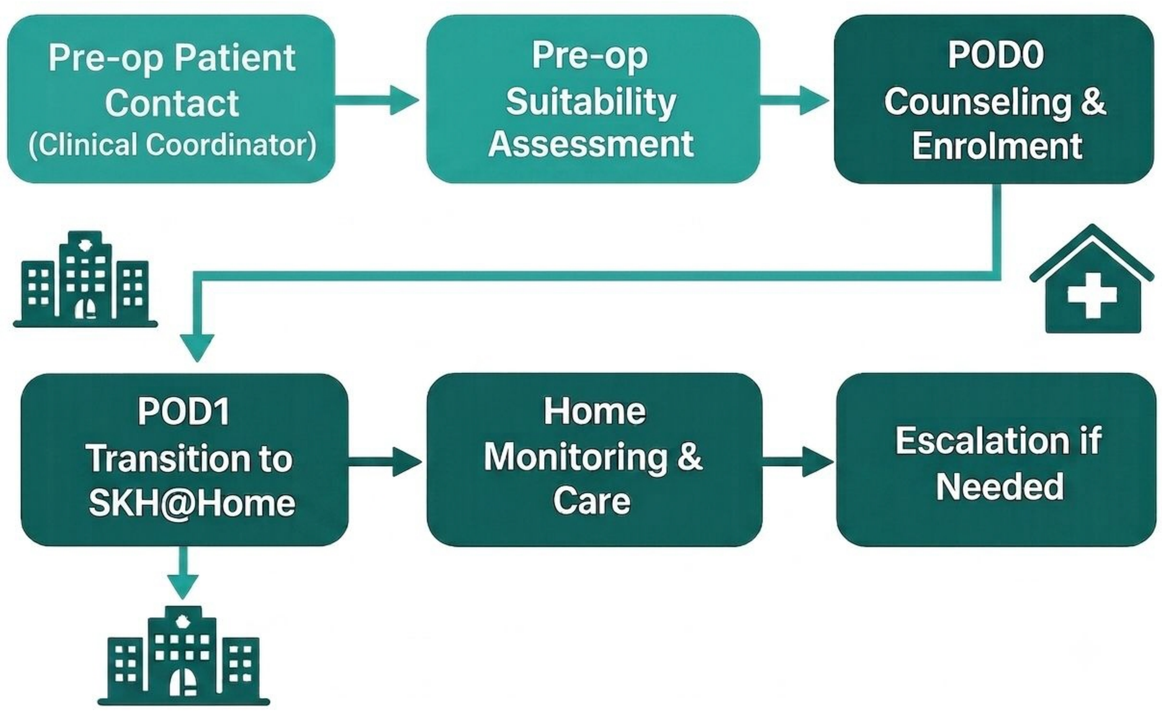
The post-bariatric surgery pathway enables clinically stable patients who have undergone uncomplicated bariatric surgery to be transitioned to SKH@Home, allowing continuation of inpatient-level care at home post-operatively.

## Implementation

Eligible patients are identified and counselled by a clinical coordinator before surgery to facilitate early enrolment into SKH@Home. Patients are reassessed on postoperative day (POD) 0–1 for suitability, with clinically appropriate patients recruited on POD1 for continuation of inpatient-level care at home.

## Care Pathway

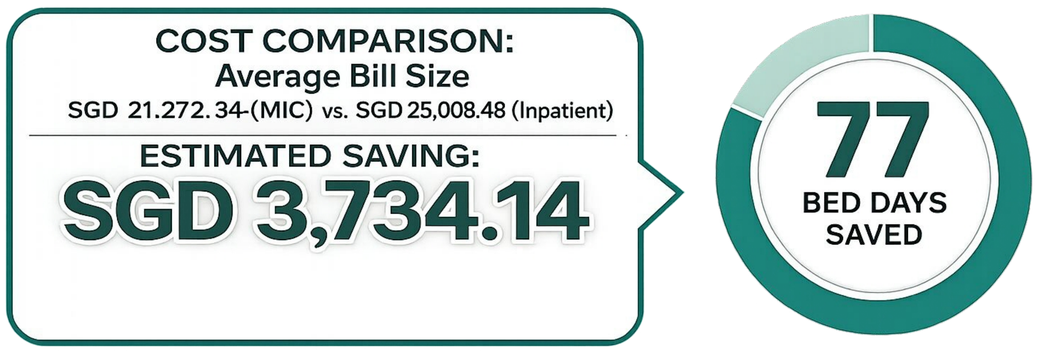
Patient care involves a multidisciplinary pathway involving coordinated preoperative screening, postoperative assessment, and home monitoring. General Surgery, Anaesthesia, and the SKH@Home Internal Medicine team work collaboratively to deliver safe, hospital-level postoperative care in the home setting.



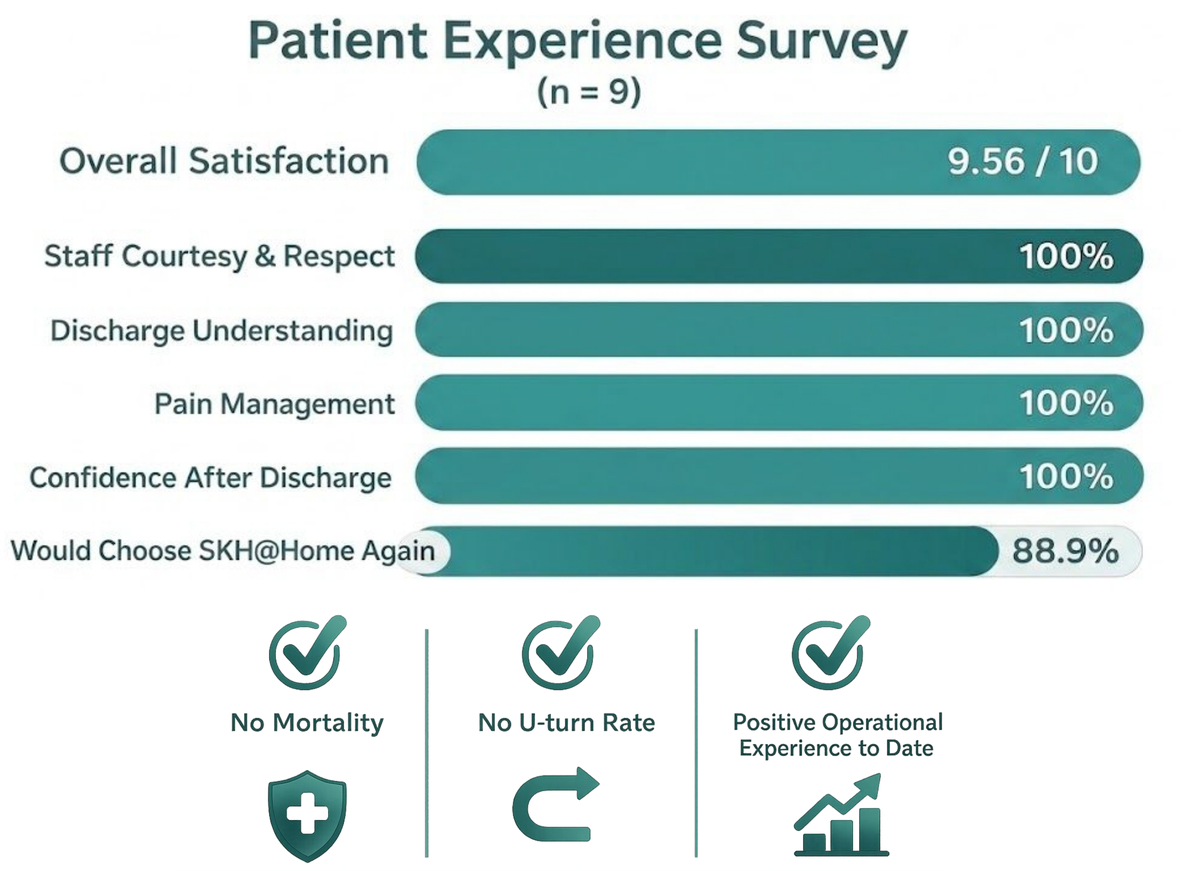

## Results & Outcomes

Compared with usual inpatient care, the post-bariatric SKH@Home protocol was associated with a shorter postoperative length of stay, significant cost savings, and a reduction in inpatient bed utilisation.

| | MIC/Home Care (n=30) | Usual Inpatient Care (n=48) |
|---|---|---|
| **ALOS** Operation → Discharge | 2.6 days | 2.8 days |
| **ALOS** Admission → Discharge | 2.6 days | 3.1 days |




Patient-reported experience measures demonstrated high satisfaction with the SKH@Home pathway, with patients expressing confidence in post-discharge recovery and a strong preference for the same model of care should post-operative care be required in the future.




## Conclusion

The SKH@Home post-bariatric surgery pathway provides a safe and effective alternative to conventional inpatient care, enabling earlier transition to home, optimising hospital resource utilisation, and delivering cost savings without compromising patient outcomes.