

# Media Release

SA Health

## Research informs leading appendicitis care for kids at WCH

A Women's and Children's Hospital study has found children with appendicitis could be sent home a day sooner thanks to a new 'criteria-led' discharge (CLD) procedure.

It also found that this approach could reduce the amount of medication required in cases of uncomplicated appendicitis.

The study compared the health outcomes of 83 appendicitis patients who were treated using a multidisciplinary CLD approach with a group of appendicitis patients who were not treated using the same procedure.

As a result of the CLD approach, we were able to reduce the time patients stayed in hospitals by almost 30%," senior author of the study and WCH paediatric surgeon Mr Sanjeev Khurana said.

"We were also able to safely reduce the amount of antibiotics, analgesia and anti-nausea medication needed by our patients."

Under the CLD model, antibiotics were limited to two standard doses per patient, pain relief was administered more efficiently and patients were promptly encouraged to resume eating and walking following their operation.

The study also revealed a 46% reduction in the administration of oral morphine compared with patients who did not receive care using a multidisciplinary CLD approach.

"Using this approach, nursing staff were able to discharge patients who met strict criteria, without having to wait for a senior clinician to provide medical clearance.

"This not only means that children can be back in a familiar home environment to complete their recovery earlier than was previously possible, but that hospital beds can be allocated more effectively and health care costs can be reduced," said Mr Khurana.

"Adopting the CLD procedure was inexpensive and offered tangible benefits that could be applied to many health care settings."

Results of the study have been published in the *ANZ Journal of Surgery*, the key peer-reviewed journal of the Royal Australasian College of Surgeons.

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### For more information

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