

EFFECTIVENESS OF DISCHARGE EDUCATION FOR PATIENTS UNDERGOING GENERAL SURGERY: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Background

- Discharge education may reduce the risk of postoperative complications.
- However, a critical evaluation of the body of evidence is needed.



Objective

- To assess the effect of discharge education interventions versus standard education given to general surgery patients prior to, or up to 30-days of hospital discharge.

Clinical outcomes

30-day surgical site infection incidence

Patient-reported outcomes

1 Knowledge

2 Self-confidence

3 Satisfaction

4 Quality of life

Re-admission up to 28 days

Methods



Systematic Review and Meta-Analysis



- MEDLINE (Pubmed)
- CINAHL (EBSCO)
- EMBASE (Elsevier)
- Cochrane Library



February 2022



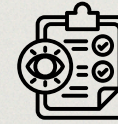
- ✓ Randomised Controlled Trials (RCTs)
- ✓ Non-randomised studies of interventions
- ✓ Published 2010 - 2022
- ✓ Adults undergoing general surgical procedures
- ✓ Receiving discharge education on surgical recovery



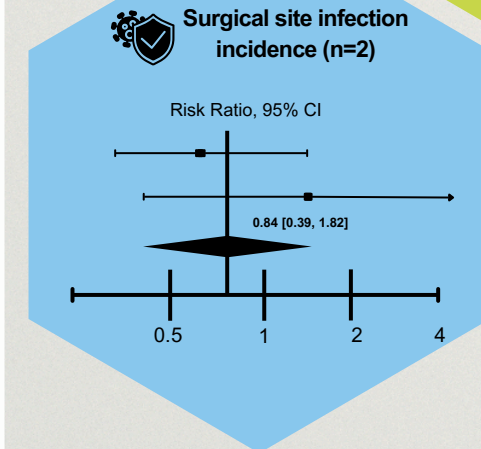
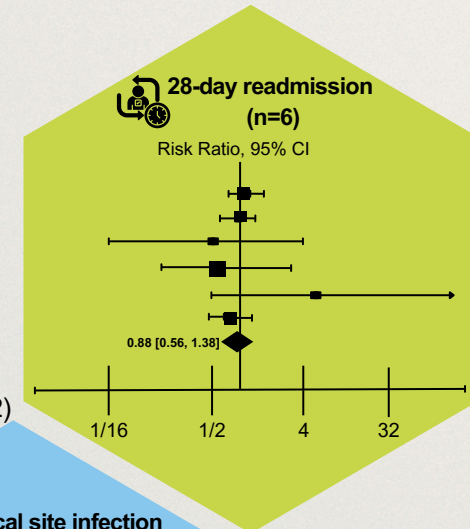
- Cochrane Risk of Bias 2
- Risk of Bias Assessment Tool for Nonrandomised Studies

Results

n=965



- RCTs (n=8)
- Non-randomised studies of intervention (n=2)



- Non-randomised studies of interventions were not pooled due to heterogeneity in outcome measures.

Conclusion

Discharge education may reduce the likelihood of surgical site infection and hospital readmission, but the body of evidence is inconclusive.