



SEDATION SOLUTIONS

PATIENT SATISFACTION DURING AND FOLLOWING PROCEDURAL SEDATION FOR AMBULATORY SURGERY

It took a considerable amount of time for healthcare providers and funders to realize that general anaesthesia is not the only option available for surgical procedures. Similarly, the hospital theatre is not the only place where surgical procedures can be performed safely.

It also took some time to convince healthcare providers and funders that procedural sedation with analgesia (PSA) is an attractive option for certain procedures outside the hospital setting.

The question of safety using PSA is still debated. Some healthcare providers still claim that PSA is unsafe outside the operating theatre. There are however many research studies and publications available that underline the safety of PSA when sedation practitioners follow the guidelines for safe sedation practice.

According to all international sedation guidelines, accredited sedation providers can administer PSA outside the hospital in a medical or dental surgery, in the office or in sedation clinics. This makes PSA an extremely attractive option for us. Sedation services will therefore become more popular as an alternative to general anaesthesia for certain procedures outside the operating theatre, especially when we can prove that patients are satisfied with this option.

One can ask why is it that sedation has become one of the fastest growing areas in anaesthesia care. Research studies show that PSA is today a cost-effective alternative to general anaesthesia, with a low side-effect profile for procedures outside the hospital setting. There is especially a lower incidence of nausea and vomiting, and pain, which is significant for patients.

We have unfortunately very few, if any, studies in the world published on the issue of patient satisfaction during and after ambulatory surgery using PSA. We as healthcare providers are going to be judged by our patients. So why do we not ask our patients how they feel about PSA as an option to help them through surgical procedures.

Sedation Solutions, and their academic advisor Professor James Roelofse, carried out a research study on the issue of patient satisfaction during and after PSA on 500 patients undergoing surgical procedures in London, UK. This study, published in the Southern African Journal of Anaesthesia and Analgesia (SAJAA 2015; (1): 1-6) showed a high level of patient satisfaction with their sedation experience. The incidence of side effects e.g. nausea and vomiting is also low.

It is suggested that the questionnaire used in the study can be used or modified as an assessment tool or audit of patient satisfaction following PSA for ambulatory surgery. This will give us as sedation practitioners an idea how to go forward in our practices.

We at Sedation Solutions are aware that we need to be involved in research studies; this is our first, refereed study in an anaesthetic journal. We plan to follow this up with more studies related to sedation practice.

One may rightly ask, why it took such a long time for researchers to publish something on patient satisfaction during and after sedation - such an important aspect of sedation practice.

This research study and article make a significant contribution on “how patients rate” PSA as an option for patient care outside the operating theatre. This article is available to read using the following link:

<http://www.tandfonline.com/doi/full/10.1080/22201181.2015.1073451>

We invite our readers to contact us with suggestions about the type of questions we should ask our patients to get more information on patient satisfaction. We are planning another research study and would welcome your participation. I can be contacted via my email address, which is on this page.

The drivers of sedation practice in the future will be the private healthcare sector, public service, medical insurers and patients. We often forget about patient satisfaction. In studies carried out by us, patients consistently rate sedation as a better option than general anaesthesia for certain procedures outside the operating theatre; the low side-effect profile, cost effectiveness, and quick recovery characteristics play a significant role in their choice.

As sedation trainers we have responded to the demand for sedation provision with sedation training and CPD activities. Maybe these are important factors that contribute to the positive results regarding patient satisfaction as shown in our article.

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