

Clinical Guideline

DAY SURGERY PERIOPERATIVE MANAGEMENT: DISCHARGE CRITERIA FROM RECOVERY 1 TO RECOVERY 2 (Ward area)

SETTING	Theatre recovery areas
FOR STAFF	Recovery staff working in the immediate post anaesthetic recovery area
PATIENTS	Adult patients undergoing day surgery under general anaesthesia

AIRWAY AND BREATHING

- Airway is clear without assistance and the patient has full airway reflexes.
- Respiratory rate is greater or equal to eight per minute.
- Able to breathe deeply on command.
- Oxygen therapy should be discontinued for a minimum of 15 minutes before discharge.
- Saturations equal to or greater than 95% on air or at preoperative levels.

CIRCULATION

- Heart rate appropriate for age or within 20% of the preoperative pulse rate.
- Any patient exhibiting a cardiac rhythm other than their baseline pre-anaesthetic rhythm must be evaluated by an anaesthetist prior to discharge.
- Able to sit in an upright position without signs and symptoms of orthostatic hypotension. Systolic blood pressure equal to or greater than 90mmHg and/or within 30% of the preoperative level
- Peripheral perfusion should be adequate.

NEUROLOGICAL

- Patient should be fully conscious without excessive stimulation and be able to call for assistance if necessary.
- A patient should be able to move all four limbs.
- If a spinal block is present, the block should have receded by two dermatomes and be below T4.

METABOLIC

- Temperature on discharge >36°C.

PAIN

- Pain must be adequately controlled (moderate or less) and controlled to the patient's satisfaction as far as possible. The level of sedation should be that the patient can respond to verbal stimulation alone.
- The last dose of fentanyl should be administered intravenously a minimum of 15 minutes prior to discharge from recovery 1.

WOUND

- No active bleeding

NAUSEA AND VOMITING

- Minimal nausea and vomiting.

Patients receiving any reversal agents for Neurovascular blockade, sedatives or opioids must be monitored for 30 minutes from the last dose of reversal agent prior to discharge.

Table A

REFERENCES	<p>Association of Anaesthetists of Great Britain and Ireland. Immediate Post-anaesthesia Recovery 2013. <i>Anaesthesia</i> 2013; 68: pages 288-97. http://onlinelibrary.wiley.com/doi/10.1111/anae.12146/abstract</p> <p>Guidelines for day-case surgery 2019 Association of Anaesthetists and British Association of Day Surgery. Bailey et al. <i>Anaesthesia</i> June 2019;74(6):778-792</p>
RELATED DOCUMENTS AND PAGES	None
AUTHORISING BODY	Division of Surgery Theatre executive committee
SAFETY	None
QUERIES AND CONTACT	Any queries contact Anaesthetic Consultant on bleep [REDACTED]