Day surgery model: a new path for hospital high-quality development

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In the current healthcare system, the day surgery model is increasingly valued and has become an important driving force for the high-quality development of hospitals. The day surgery model refers to a medical model where patients can leave the hospital and recover at home on the same day after completing specific treatments or surgeries [1].

**Improving medical efficiency and resource utilization**

The latest research shows that the day surgery model plays a crucial role in improving medical efficiency and optimizing resource utilization.

**Reducing hospitalization time and bed occupancy**

Compared to traditional inpatient treatment, the day surgery model can significantly shorten the hospitalization time for patients. Most day surgery patients require only a few hours of observation post-surgery before being discharged, which greatly reduces the burden on hospital bed capacity and inpatient resources. Therefore, the day surgery model effectively increases bed turnover rates, enabling hospitals to schedule surgeries and treatments more efficiently and enhance the coverage of medical services.

**Increasing utilization of operating rooms**

Day surgeries are typically performed in the morning, allowing patients to complete the surgery on the same day and go home to rest. This arrangement enhances the utilization of operating rooms, reduces idle time in operating rooms, and optimizes the hospital's surgical resources to the fullest extent. Gradually introducing more complex surgical procedures into day surgery can improve the efficiency of operating room equipment and personnel, thus enhancing the utilization efficiency of the operating rooms.

**Optimizing medical equipment and staff allocation**

The day surgery model requires hospitals to refine workflow, optimize medical equipment, and staff allocation to adapt to brief but intensive surgery and treatment schedules. By implementing scientifically rational scheduling, efficient equipment utilization, and team collaboration, idle time and resource wastage can be minimized to maximize medical efficiency. Additionally, the introduction of intelligent medical management systems provides strong support for resource optimization in the day surgery model, helping hospitals monitor and adjust resource allocation in real-time for more precise management.

By reducing hospitalization time, enhancing operating room utilization, and optimizing resource allocation, the day surgery model not only offers patients more convenient and efficient treatment services but also effectively enhances the operational efficiency and service level of hospitals, making a positive contribution to the development of the healthcare system [2].

**Improving treatment effectiveness and patient satisfaction**

According to the latest research, day surgery models have a significant impact on improving treatment effectiveness and patient satisfaction.

**Reduced risk of hospital-acquired infections**

Day surgery models can lower the risk of patients contracting infections within the hospital. By allowing patients to go home and rest after day surgery, their hospital stay is reduced, thus decreasing the chances of exposure to hospital-acquired pathogens. Reducing nosocomial infections not only helps improve treatment outcomes, but also significantly enhances patients’ treatment experience and satisfaction.

**Enhanced psychological comfort for patients**

Day surgery models enable patients to recover in familiar and comfortable home environments, which helps reduce anxiety and stress during surgeries and treatments. Compared to traditional inpatient treatment, day surgery patients are more likely to regain their normal lifestyle routines and emotional states at home, promoting comprehensive physical and mental health recovery, thereby enhancing treatment outcomes and satisfaction.

**Personalized and tailored care**

Day surgery models prioritize personalized and tailored care, developing individualized treatment plans based on patient’s unique needs and conditions. Through personalized care plans, patients can receive more attentive and comprehensive medical care, improving the specificity and effectiveness of treatment. This personalized care not only improves treatment outcomes but also strengthens patients’ trust and satisfaction with healthcare services [3].

**Facilitating patient involvement and cooperation**

Day surgery models emphasize patients’ active involvement and self-management, encouraging them to actively collaborate with treatment plans to improve treatment effectiveness. Through patient education and information sharing, patients are better able to understand their medical conditions and treatment plans, enhancing their confidence in treatment and better collaborating with the medical team to improve treatment outcomes.

By reducing the risk of hospital-acquired infections, enhancing psychological comfort, providing personalized care, and promoting patient involvement, day surgery models not only improve treatment outcomes but also enhance overall patient satisfaction and experience, making a positive contribution to the progress and development of healthcare systems.

**Reducing medical costs and social burden**

According to the latest research, the day surgery model has shown significant effectiveness in reducing medical costs and alleviating social burdens.

**Lowering inpatient costs**

Compared to traditional inpatient treatment, the day surgery model...
typically requires shorter hospital stays, thus reducing medical expenses incurred during the hospitalization period. The hospitalization costs for day surgery patients are significantly lower than those for traditional inpatient treatment patients, including expenses for hospital nursing care, meals, and other aspects. This reduction in inpatient costs helps alleviate the economic burden on patients and medical insurance, promoting cost savings and control of healthcare expenditures.

Reducing complications and hospital-acquired infection costs
The key feature of the day surgery model is that patients can quickly return home to rest after surgery, reducing the risks of complications and hospital-acquired infections. By reducing the incidence of complications and hospital-acquired infections, the day surgery medical model indirectly lowers patients’ treatment expenditure. This helps avoid additional medical expenses and secondary treatments, thereby reducing the economic burden on patients and the healthcare system.

Improving healthcare resource utilization efficiency
The day surgery model enhances the efficiency of healthcare resource utilization, reducing fixed costs and resource wastage in healthcare facilities. By reducing hospital stays, optimizing operating room utilization, and other measures, the day surgery medical model effectively enhances the efficiency of medical resource utilization, leading to cost savings in healthcare services. This optimization of resource management benefits the sustainable development of healthcare institutions and eases the societal pressure on healthcare resources.

Decreasing family accommodation and transportation costs
The day surgery model enables patients to complete treatment in a short period and return home, reducing the time spent by family members on accommodation and transportation expenses. By reducing these non-direct medical expenditures, it can indirectly alleviate the burden on patients and families, improving patients’ medical experience and satisfaction.

By lowering inpatient costs, reducing complications and hospital-acquired infection expenses, improving healthcare resource utilization efficiency, and decreasing family accommodation and transportation costs, the day surgery model has brought economic benefits to the healthcare system and patients. It aids in optimizing healthcare resource allocation and saving medical expenses [4, 5].

Promoting the sustainable development of hospitals
The latest research indicates that the day surgery model can effectively promote the sustainable development of hospitals.

Resource optimization and cost control
The day surgery model focuses on optimizing resource utilization and controlling medical costs. By shortening hospital stays, increasing operating room utilization, and optimizing staff allocation, hospitals can maximize resource utilization and minimize costs. Through effective resource management and cost control, hospitals can achieve a more efficient and sustainable operational model, providing solid support for the development of the healthcare system.

Improving patient satisfaction and reputation
The day surgery model emphasizes personalized patient needs and experience. By providing more convenient, efficient, and personalized medical services, patient satisfaction and reputation are improved. The improvement of patient satisfaction not only helps increase patient traffic and word-of-mouth referrals but also attracts more doctors and talent to join. This is crucial for the sustainable development of hospitals, as it can enhance the hospital’s reputation and competitiveness.

Driving technological innovation and digital transformation
The day surgery model encourages hospitals to promote technological innovation and digital transformation, especially in medical management and information technology. By introducing advanced technologies such as intelligent management systems, electronic medical records, and telemedicine, hospitals can achieve real-time monitoring and management of medical data, thus improving work efficiency and service quality. This technological innovation and digital transformation can not only improve hospital operational efficiency but also promote the enhancement of medical quality, laying the foundation for the sustainable development of hospitals.

Collaboration and cross-disciplinary innovation
The day surgery model encourages hospitals to collaborate with community medical institutions, rehabilitation facilities, and home care agencies to achieve resource sharing, information sharing, and collaborative treatment. By establishing good cooperative relationships, hospitals can better meet patients’ comprehensive medical needs, provide comprehensive medical services, achieve complementary advantages, and promote the sustainable development of the hospital.

Through resource optimization and cost control, improving patient satisfaction and reputation, driving technological innovation and digital transformation, and collaboration and cross-disciplinary innovation, the day surgery model provides innovative paths for the sustainable development of hospitals and positively impacts the long-term development of the medical system [6].

The day surgery model is an important strategic direction for the high-quality development of hospitals. By promoting and applying the day surgery model, medical service quality can be enhanced, patient experience improved, and contributions made to the sustainable development of hospitals. In the future, we look forward to seeing further innovation and application of the day surgery model in the medical field, providing people with more convenient, efficient, and high-quality services. The development trends of the day surgery model mainly include: 1. With the continuous upgrading and improvement of medical technology, more complex surgeries and treatments will be suitable for the day surgery model. Advanced minimally invasive techniques, intelligent medical equipment, and personalized treatment plans will expand the scope of day surgery to cover more diseases and medical fields. 2. With the development of digital healthcare and telemedicine, the day surgery model will become more convenient and intelligent. By combining big data analysis and artificial intelligence technology, precise assessment of patient disease risks and formulation of personalized treatment plans can be achieved, further enhancing the efficiency and quality of day surgery. 3. With the continuous improvement of healthcare systems and policies, the day surgery model will receive more support and advocacy. Governments and healthcare institutions can promote the development of the day surgery model by establishing relevant policies and financial support systems, providing better medical choices for patients.

In summary, the development of the day surgery model will play an important role in enhancing medical service quality, improving patient experience, and promoting the sustainable development of hospitals. In the future, we are hopeful for the innovation and application of the day surgery model, believing it will become an important direction for the development of the medical field, bringing more convenience and well-being to people’s health.
References


Competing interests
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