

# West Sussex Gazette

## Consultant's idea has worldwide success

THE work of consultants at Worthing and Southlands Hospitals NHS Trust has been singled out as a leading national example of how new approaches to major surgery can improve results and significantly reduce the length of time patients have to spend in hospital.

A new study by the independent Improving Surgical Outcomes Group (ISOG) has praised the trust as a "centre for surgical excellence" after featuring the work of

consultant anaesthetist Howard Wakeling among its nine examples of best practice nationwide.

Dr Wakeling developed a new system of monitoring patients during operations by using an ultrasound probe inserted into the gutlet to measure blood flow throughout the procedure.

The more precise readings the probe produces enable anaesthetists to deliver more optimal fluid intervention during

surgery, which improves outcomes and enables patients to go home sooner.

The system is used at Worthing and Southlands during bowel surgery and hip replacement operations, and is now being introduced across the world.

The ISOG study focused on a Department of Health-funded trial of patients undergoing bowel surgery at Worthing Hospital.

The ultrasound-monitored patients were back on

a full diet a day sooner than those who did not receive fluid optimisation and were ready for discharge 10 days after surgery rather than 11 and a half.

Mortality rates are also significantly reduced among patients who have been monitored during their operations.

Reducing length of stay by one day saves the trust more than £400 per patient. And with the technique benefiting more than 400

patients last year alone, it is saving the hospitals many thousands of pounds annually as well.

Dr Wakeling said: "The costs of introducing this very safe and easy-to-use monitoring equipment are minimal. The benefits for patients and the NHS are considerable.

"I would very much like to see the system used as a matter of course for every patient who has major surgery."