

# Cost-effectiveness of an E-assessed Follow Up of Postoperative Recovery After Day Surgery: a Multicentre Randomized Controlled Trial

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## Conclusion

RAPP is a suitable e-assessed follow-up of recovery. Measuring and registering postoperative recovery also enables evaluations and comparisons of cost-effectiveness of different drug treatments and care activities during anaesthesia and postoperative care. RAPP can be cost-effective but had no effect on quality of life.

## Background

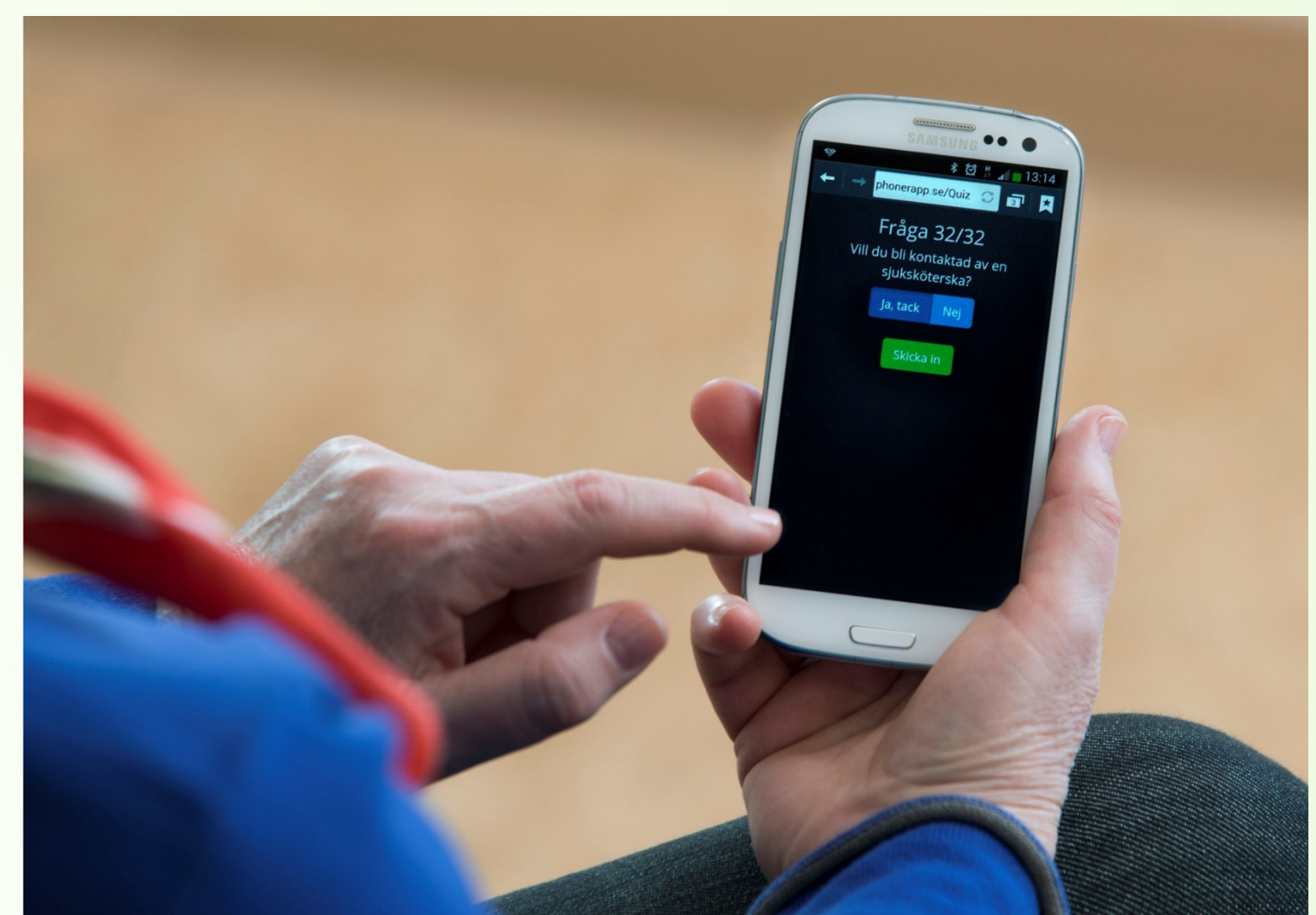
The majority of all surgeries are performed as day surgery. After discharge patients are expected to take care of their postoperative recovery themselves or with relatives. Recovery Assessment by Phone Points (RAPP) is an IT-solution developed for assessing and follow-up on postoperative recovery and also enables the patient to get in contact with the day surgery department.

## Aim

The aim of this study was to estimate cost effectiveness of the RAPP used for follow up on postoperative recovery after day surgery compared to no follow up with the RAPP.

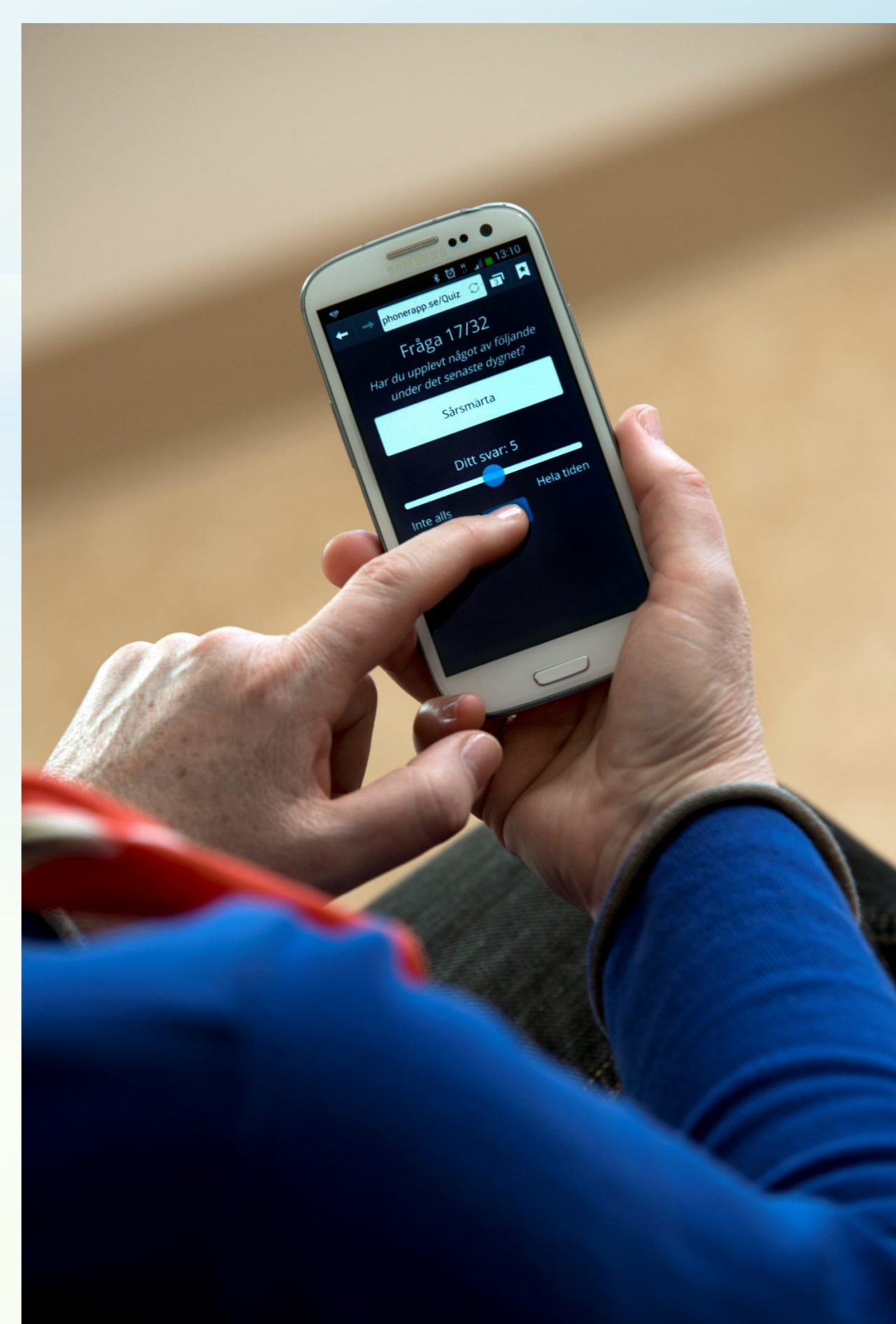
## Method

This was a two-group, parallel, multicentre, randomised single-blinded controlled trial, including 997 participants >17 years of age undergoing day surgery. The patients were randomly allocated to either using RAPP for follow-up, or standard care. The analysis considered costs for the stakeholder of the intervention, quality of life (QoL) and savings in health care use. Gained quality-adjusted life-years (QALYs) were used to measure the health effects.



## Results

Preliminary results show that costs for health care consumption during two weeks postoperatively was higher in the control group. When accounting for intervention costs in the cost-effectiveness analysis, net savings were found for the intervention group. There were no differences in gained QALYs between the groups.



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