

Feasibility of Same Day Mastectomy Discharge in a Safety Net Hospital in Memphis, TN

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Introduction:

Prior to the pandemic, patients undergoing mastectomy were typically admitted overnight for observation, pain control, and next day wound check in our healthcare system. The objective of this study is to assess the feasibility and safety of same day mastectomy discharge for patients based on clinical and social determinants of health (SDH) in a safety net hospital.

Methods:

A retrospective study was performed for patients who underwent mastectomy between 2021- 2024. Demographics, clinical characteristics, SDH and outcomes were abstracted, and patients were stratified into two groups: same day discharge and admission following mastectomy. Univariate statistical analysis was performed for the two groups.

Results:

44 charts were reviewed with 26 (59.0%) patients discharged on the day of surgery and 18 (41.0%) patients admitted following surgery. Clinically, 61.1% of patients admitted underwent bilateral procedures versus 52.0% of patients who were not admitted (p value = 0.7). There were nearly equivalent rates of sentinel lymph node biopsy between the two groups (88.5% versus 88.9% p value = 1). Neoadjuvant chemotherapy, pain control pre or post operatively, and tumor size were all found not to be statistically significant indicators of same day discharge. Patients who were not admitted had a higher rate of employment (70.0%) compared to those who were admitted (42.9%) (p value = 0.1). Patients admitted lived closer to the hospital as compared to patients who were discharged on the same day (8.2 miles versus 10.6 miles, p value = 0.2). Primary language, disability status, substance use, food or transportation insecurity were all found not to be statistically significant.

Conclusions:

Same day discharge is achievable for patients' undergoing mastectomy at safety net hospitals due to improvements in pain management and SDH screening. Prior to operation, patients should have appropriate screening to better understand who may benefit from admission following procedure.

Patient Demographics	Total 44	No Admit 26	Admit 18	p-value
Age (years)	50.5	48 (44- 58)	54 (47- 64)	0.21
English As Primary Language	42	24 (92%)	18 (100%)	0.51
Employment	20	14 (70%)	6 (43%)	0.11
Alcohol Use	18	11 (42%)	7 (39%)	0.82
Tobacco Use	13	7 (27%)	6 (33%)	0.65
Food Insecurity	1	0	1 (6%)	0.4
Transportation Aid Needed	7	5 (19%)	2 (11%)	0.68
Distance From Surgery Center (miles)	9.85	10.6 (4.6- 27.5)	8.2 (4.6- 15.9)	0.24
Tumor and Treatment Characteristics				
Tumor size (cm)		2.4 (1.5- 3.4)	1.8 (1.5- 2.6)	0.46
Neoadjuvant Chemotherapy		13 (50%)	8 (44%)	0.72
Pain Control Intra Op		17 (68%)	11 (65%)	0.82
Pain Control Post Op		25 (96%)	17 (94%)	1
Bilateral Procedures		13 (52%)	11 (61%)	0.76
Total Mastectomy		23 (89%)	17 (94%)	0.63
SLN Biopsy		23 (89%)	16 (89%)	1
ALND		5 (19%)	5 (28%)	0.72
Index Reconstruction		9 (35%)	3 (18%)	0.31
Surgery Complications		1 (4%)	2 (11%)	0.56