

 <p style="text-align: center;"><b>CREDIT VALLEY</b> THE CREDIT VALLEY HOSPITAL</p>	<b>CLINICAL PRACTICE GUIDELINE</b>	<b>PROFESSIONAL PRACTICE</b>
<b>TITLE: Outpatient Management of Adult Tonsillectomy</b>		
<b>DATE OF ISSUE:</b> 1998, 04	<b>PAGE</b> 1 <b>OF</b> 3 (Appendix)	<b>NUMBER:</b> CPG 15-2
<b>SUPERCEDES:</b> New	<b>ISSUED BY:</b> _____ <b>TITLE:</b> Chief of Medical Staff	
	<b>ISSUED BY:</b> _____ <b>TITLE:</b> President	

**Purpose:**

To define the selection and discharge criteria for the out patient management of adult tonsillectomy.

**Definition:**

Adult patients, greater than 16 years of age, undergoing a tonsillectomy with an anticipated length of stay less than 12 hours.

**Treatment and Monitoring:**

The operative process will be managed according to the algorithm titled Management of Adult Tonsillectomy. **(Appendix 1)**

Selection of patients for outpatient management will be only those patients who meet the Selection Criteria.

The surgeon will order that the patient may be discharged by Nursing when the patients meet the Discharge Criteria. The surgeon will specify, in the physician orders, the minimum number of hours post operatively the patient must stay.

The nurse will assess the patient's readiness for discharge post surgery using the Discharge Criteria. All criteria will be met prior to discharge. If the criteria are not met, a physician assessment is required prior to discharge.

**Selection Criteria:** (Pre/Intra Operatively)

**Inclusion:**

- The patient should have a good understanding of post operative instructions. As well, they should feel that they will be able to cope with the post-operative home care instructions.
- Patient must live within 20 minutes of a major centre which provides emergency otolaryngology surgical services.
- Estimated intra operative blood loss is less than 500 cc

**Exclusion:**

- Patients with other health problems which require admission for monitoring (i.e., diabetes, cardiac problems, severe asthma, etc.).
- Patients who have an upper respiratory infection on the day of surgery will be assessed individually by the surgeon/anaesthetist.

**Discharge Criteria:** (PACU/1B)

- The minimum number of hours the patient must stay post operatively will be specified in the discharge order.
- Pain controlled with oral analgesia.
- Patient can swallow fluid.
- There are no signs of active bleeding.
- The patient has not vomited within 2 hours prior to planned discharge.
- Vital signs stable.
- Patient is afebrile.
- Patient is not experiencing any respiratory distress.
- Patient and caregiver have verbalized/demonstrated understanding of the written discharge instructions.
- Responsible caregiver in attendance.

**Evaluation:**

The target goal is an 80% success rate for pre planned out patient adult tonsillectomy procedures.

**Approval:**

Department of Otolaryngology: December, 1997  
Surgery Programme Steering Committee: February, 1998  
Professional Practice Committee: March, 1998  
Clinical Quality Care Committee: March, 1998  
Medical Advisory Committee: April, 1998

## Outpatient Management of Adult Tonsillectomy

