

ERAS in The COVID Era: Using Smartphone Technology for Preoperative Counseling/Optimization and Post-operative Symptom Monitoring

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Background

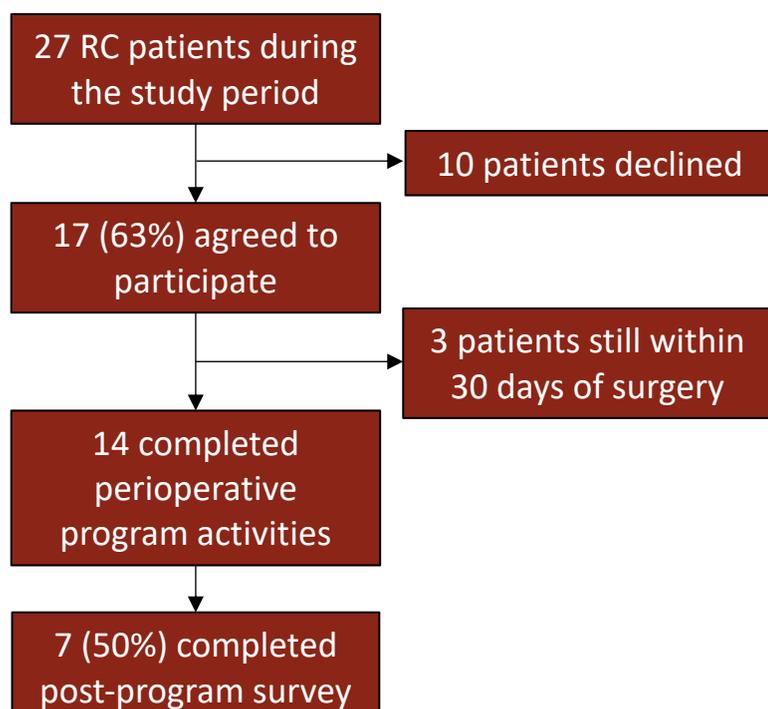
- ERAS protocols are integral to successful recovery after radical cystectomy (RC)
- Central to these protocols are preoperative counseling and post-operative monitoring
- Cognizant of social distancing during the COVID era, we sought to replace traditional educational materials and post-operative visits with a smartphone-based application (Seamless MD)
- In this pilot study, we report the feasibility and patient acceptability of this communication method

Methods

- From March to July 2020, RC and RALP patients were encouraged to register and use the Seamless MD application on smartphone or computer
- Electronic versions of the educational materials were distributed to patients via smartphone notifications
- Preoperatively, prompts and instructions were sent to patients in the weeks leading up to their surgery date
- Post-operatively, activity reminders were sent along with questionnaires to assess symptom burden and recovery trajectory
- A post-program survey evaluating patient satisfaction with the program was included

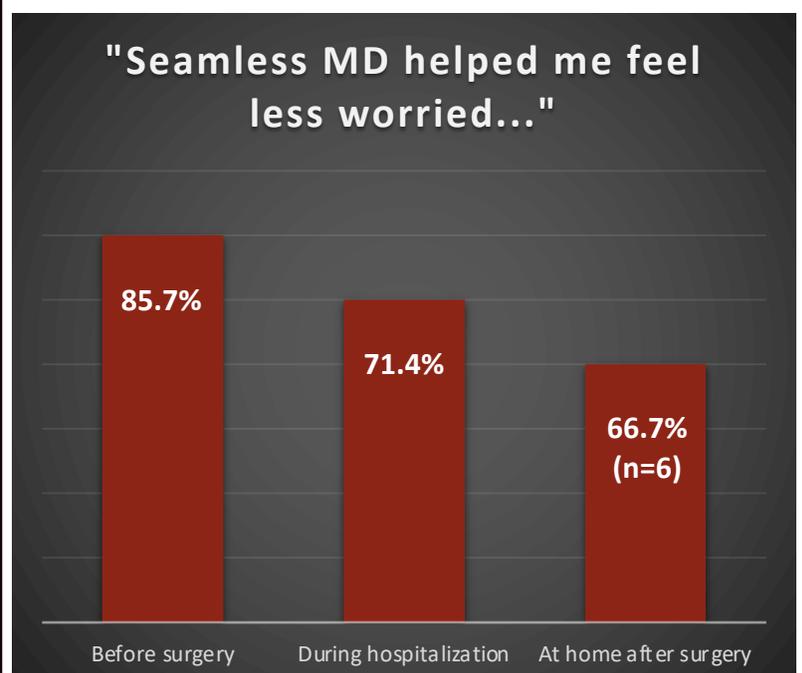
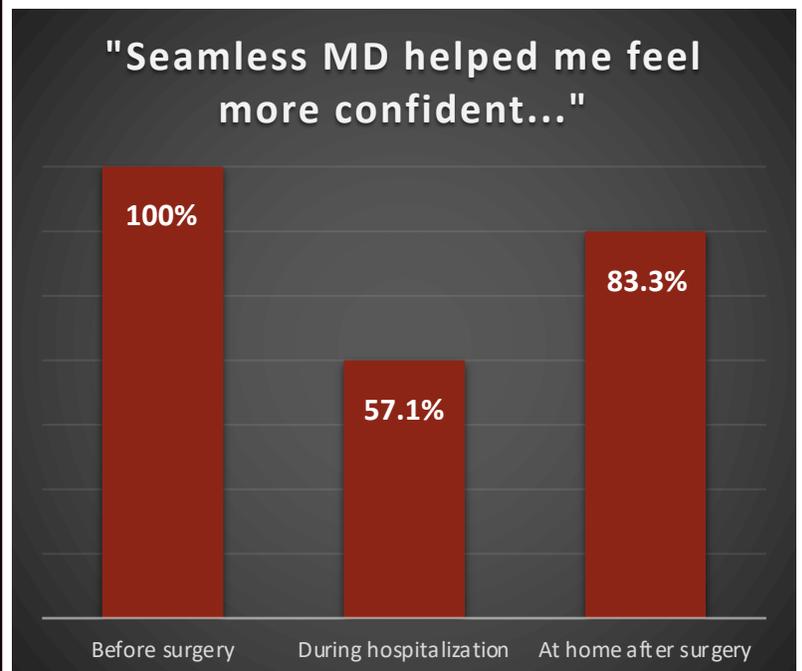
Results

- During the study period, 74 patients were enrolled in Seamless MD
- 57 RALP and 17 RC (only RC analyzed)



Results

- Post-program survey responses (n=7)



- Of those who completed all surveys:
 - **4** patients were able to avoid at least one clinic phone call
 - **1** patient was able to avoid at least one emergency department visit
 - **83.3%** would highly recommend the application to other patients

Conclusions

- Overall, patient satisfaction with the program was high
- Although the initial numbers are small, this data represents the early results of ongoing work
- Smartphone-based applications represent an opportunity to enhance communication between patients and care teams
- During the COVID pandemic, they may also provide a socially distant alternative to in-person visits