myVA

Putting Veterans First

Design the Anesthetic to Meet the WAKE Score

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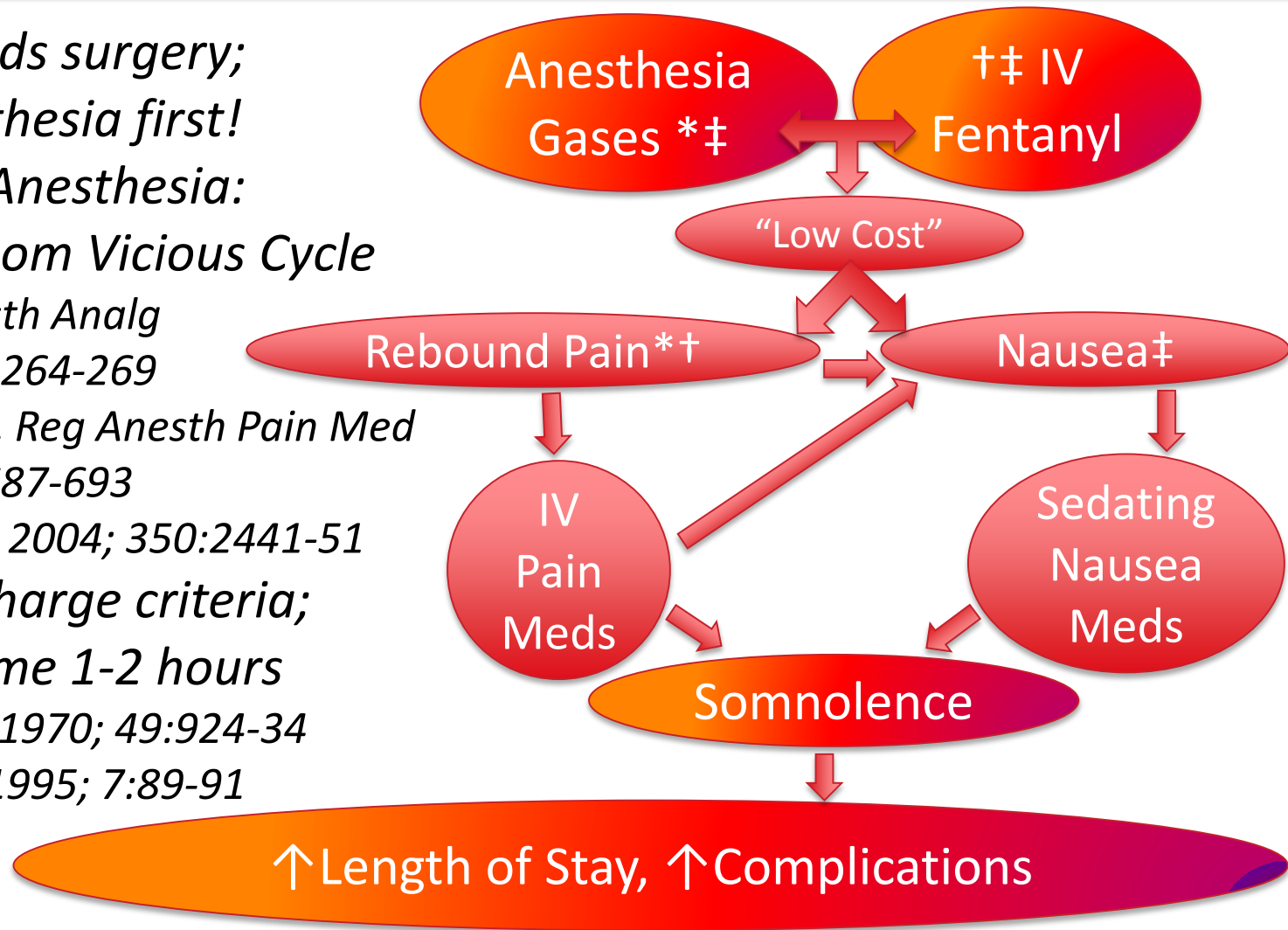## VISN 4: VA Pittsburgh

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Problem

- *Veteran needs surgery; Needs anesthesia first!*
- *Traditional Anesthesia:*
  Recovery Room Vicious Cycle
  - **Cheng, Anesth Analg*
    2008; 106:264-269
  - *†Wasserman, Reg Anesth Pain Med*
    2015; 40:687-693
  - *‡Apfel, NEJM 2004; 350:2441-51*
- *Aldrete discharge criteria;*
  minimum time 1-2 hours
  - *Anesth Analg 1970; 49:924-34*
  - *J Clin Anesth 1995; 7:89-91*

Anesthesia Gases *‡

†‡ IV Fentanyl

"Low Cost"

Rebound Pain*†

Nausea‡

IV Pain Meds

Sedating Nausea Meds

Somnolence

↑Length of Stay, ↑Complications

Overview of Promising Practice

- *WAKE Score*

  Anesthesiology 2004; 101: 3-6.

  Int Anesthesiol Clin 2011; 49: 33-43

- *Zero Tolerance Criteria*

  - *No Nausea, No Vomiting*

  - *"No Pain"*

  - *No Shivering, No Itching*

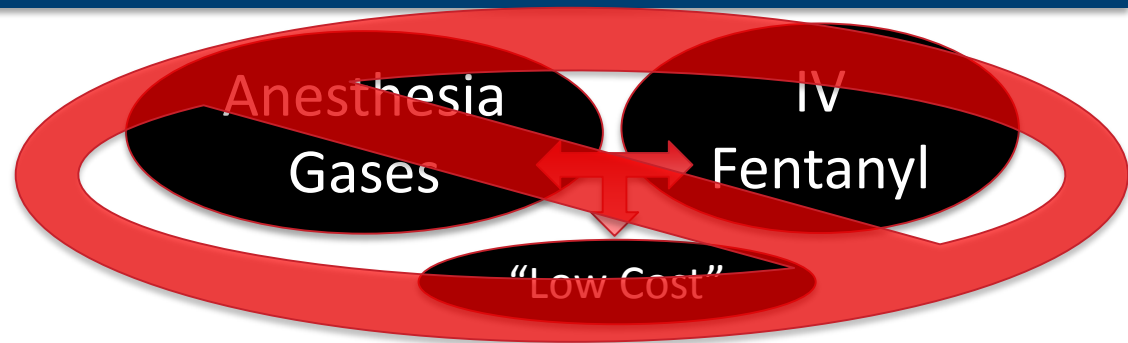 - *Not Lightheaded when sitting upright*

WAKE Score "0-10" Criteria:

Blood Pressure / Heart Rate	2 – 1 – 0
Movement	2 – 1 – 0
Mental Status	2 – 1 – 0
Respiratory	2 – 1 – 0
O_2 Saturation	2 – 1 – 0

Score of 8+ needed

- *Recovery Discharge*
- *Recovery Room Bypass*

Overview of Promising Practice

Design the Anesthetic to Meet the WAKE Score

Anesthesia Gases

IV Fentanyl

"Low Cost"

Other IV Anesthetics, Other Pain Relievers DURING Surgery, Anti-Nausea Meds

Regional Anesthesia (nerve blocks, spinal)

Outpatients Can Bypass Recovery Room, Go Home Sooner

Inpatients Who Need Recovery Room are Eligible for Hospital Bed Sooner

↓LOS, ↓Complications/*Mortality, **↓Costs
* in press, *Pain Medicine*, 2015;
**Anesthesiology 2004; 100: 697–706*

Implementation Plan

- Likely minimal costs; necessary stock items available

- Time to implement: 6-12 mo

- Modify policy, then directors enlist surgeons and all anesthesia personnel to implement plan: Improve Veteran Access to elective surgery by improving both day-of-surgery throughput and hospital length-of-stay.

- Hospital operating rooms and recovery rooms, and anywhere requiring moderate sedation.

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End of presentation