

Case Report: Daycase Robot Assisted Radical Prostatectomy in James Cook University Hospital

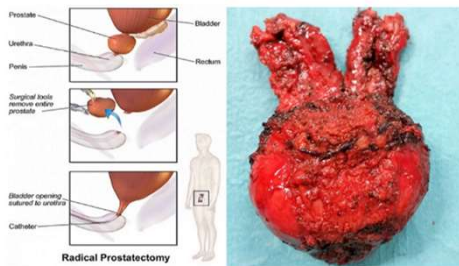
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Introduction

- Prostate cancer is the most common type of cancer affecting men and the incidence has increased by 48% since the 1990s.
- There are 55,100 new prostate cancer cases in the UK every year, that's around 150 every day (2017-2019).¹
- Prostate cancer accounts for 28% of all new cancer cases in males in the UK (2017-2019).¹
- Robot Assisted Radical Prostatectomy (RARP) is now widely offered for the treatment of prostate cancer with the typical length of admission ranging between 1-5 days.¹
- This was the first time a RARP was carried out as a Daycase procedure in James Cook University Hospital (JCUH).
- The patient was a 66 year old man who was referred due to a raised Prostate Specific Antigen (PSA) of 7.4 ug/L and no other comorbidities.



The whole prostate is detached from the bladder and urethra



Scars after robotic prostatectomy

Methods

Careful patient selection for Daycase RARP is important. Exclusion criteria for Daycase RARP is:

- Patients aged >75
- BMI >33
- ASA grade >II
- Patient lives alone
- Patient lives >30 minutes away from JCUH
- Prior abdominal surgery
- Locally advanced prostate cancer
- Patient requiring pelvic lymph node dissection
- Patient requiring salvage RARP

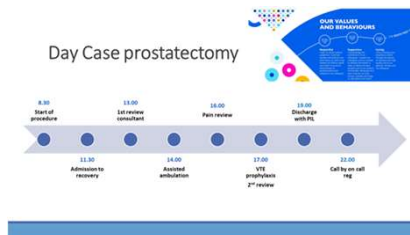
All other patients are considered for Daycase RARP.

References:

- <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/prostate-cancer#heading-One>
- <https://www.myplannedcare.nhs.uk/nev/south-tees/specialty/?sname=Urology>
- Broe, M., Carbin Joseph, D. D., Casson, H., Innes, M., Adamou, C., Fragkoulis, G., ... & Abou Chedid, W. (2023). Assessment of routine same-day discharge surgery for robot-assisted radical prostatectomy. *World Journal of Urology*, 41(10), 2679-2684.
- Abaza, R., Martinez, O., Ferroni, M. C., Bsate, A., & Gerhard, R. S. (2019). Same day discharge after robotic radical prostatectomy. *The Journal of Urology*, 202(5), 959-963.
- All images above from: <https://ccmurology.com/surgery/robotic-prostatectomy/>

Results

The timeline for the Daycase RARP:



- Patient had surgery early in the morning and was discharged in the evening, with analgesia and 28 days of Tinzaparin.
- His catheter was removed at 10 days post-surgery
- There were no peri or post-operative complications
- He was seen in clinic at 6 weeks post-op, then 2 months and 4 months later; he is still under follow-up
- Patient has seen improvement in his erectile function with Sildenafil 100mg twice a week and his urinary incontinence has resolved completely
- Histology confirmed Gleason 3+4=7 pT2c+ organ confined prostate cancer
- His latest PSA score was <0.1 ug/L.



Discussion

- The pandemic has impacted waiting times for patients to get an appointment and surgery
- Average waiting time for first appointment with Urology and average waiting time for treatment are both 18 weeks for James Cook Hospital, which is higher than other hospitals in the region.²
- One way to cut down waiting lists is by offering Daycase RARP to eligible patients
- A British study looked at 41 patients who had Daycase RARP and reported no readmission or 30-day complications. Patient satisfaction was high at 4.8/5 and 97% of patients would recommend Daycase RARP to a friend or family member. The financial saving was £400 per patient.³
- An American study looking at 500 patients undergoing RARP from a single centre, where 49.2% of patients were discharged on the same day, found no increase in readmissions or emergency visits in this cohort. Furthermore where the average night stay cost per patient was \$2109, a reduction of \$518814 was made in costs for patients who went home the same day.⁴
- Daycase RARP, with appropriate patient selection and counselling, can help reduce waiting lists and save money.

Conclusion

There is an increasing incidence of prostate cancer and huge backlogs on waiting lists since the pandemic. With careful patient selection, Daycase RARP will address these issues and save money. The future of RARP as a Daycase procedure looks attractive.