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# Discharging patients with ankle fractures prior to surgery

**Submission date**
16/01/2019

**Recruitment status**
No longer recruiting

**Registration date**
17/02/2019

**Overall study status**
Completed

**Last Edited**
16/01/2020

**Condition category**
Injury, Occupational Diseases, Poisoning

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
Patients suffering ankle fractures provide a common economic and time burden to modern healthcare in the UK. They continue to be admitted to await operative intervention and may have to wait days before an operation occurs. Unnecessary bed stay is one are that may be subject to cost savings if the safety of the patient is maintained. We hypothesise discharging patients with adequate information and follow up using expedited outpatient clinics can create huge efficiency savings for hospitals who would otherwise admit these patients and wait for the swelling to subside prior to operating.

Who can participate?
All adult patients (greater than 16 years) of either gender who have sustained ankle fractures requiring definitive fixation.

What does the study involve?
We prospectively collected data on 23 patients over a four-month period identifying their admission status, length of stay, and time to operative intervention. We were able to cost analyse the patients journey from admission to discharge, postoperative intervention. We then instilled the Ankle Home Stay Programme, identifying patients safe to be discharged who were able to re-attend for their operation. Seventeen patients were enrolled in this and a subsequent cost-analysis was compared to the pre-intervention cohort.

What are the possible benefits and risks of participating?
Participants can be discharged to the comfort of their own home. No such side effects exist as the practice already exists.

Where is the study run from?
Lewisham Hospital.

When is the study starting and how long is it expected to run for?
February 2014 to July 2014

Who is funding the study?
Investigator initiated and funded.

Who is the main contact?
Langhit Kurar
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# Contact information

### Type(s)
Scientific

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Dr Langhit Kurar

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# Additional identifiers

### Protocol serial number
Ankle Audit

# Study information

### Scientific Title
Ankle Home Stay Programme: an observational cohort studying reviewing ankle fracture management and costs at a busy district general hospital

### Study objectives
Discharging patients with ankle fractures requiring surgical intervention is more cost effective than admitting them with no net effect on patient safety.

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
No ethics approval required as this was an observational study on practice that already exists in the hospital.

### Study design
Observational cohort

### Primary study design

Observational

### Study type(s)
Other

### Health condition(s) or problem(s) studied
Ankle fracture

### Interventions
From acute presentation to accident and emergency with an ankle fracture patients were examined by the on call orthopaedic team and a decision for surgical fixation was made. If not appropriate for surgery patients were discharged and followed up routinely in the fracture clinic. If the fracture warranted surgery and there was reasonable opportunity to operate within 24 hours (e.g. swelling minimal) patients were admitted onto the ward. If the patient was safe for discharge – abiding by parameters mentioned in the paper – there were followed up in a fast tracked orthopaedic outpatient clinic to be assessed for degree of swelling. If reasonable they were then admitted from clinic rather than occupy a hospital bed indefinitely waiting for the swelling to go down. This was more cost effective and saved the trust large sums of money. This audit was conducted over a 4 month period as mentioned previously.

### Intervention Type
Other

### Primary outcome(s)
Cost efficiency savings were measured using cost of admission, number of days admitted with direct correlation to the cost of managing patients in an outpatient setting (e.g. fracture clinic).

### Key secondary outcome(s))
The number of hospital inpatient days were measured using patient notes.

### Completion date
31/12/2016

## Eligibility

### Key inclusion criteria
Acute ankle fracture requiring surgery

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

**Total final enrolment**
23

**Key exclusion criteria**
Ligamentous injury

**Date of first enrolment**
01/03/2015

**Date of final enrolment**
31/07/2015

# Locations

**Countries of recruitment**
United Kingdom

England

**Study participating centre**
**Lewisham Hospital**
Lewisham High Street, Lewisham, London SE13 6LH
London
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# Sponsor information

**Organisation**
University Hospital Lewisham

**ROR**
https://ror.org/04vgz8j88

# Funder(s)

**Funder type**
Other

**Funder Name**
Investigator initiated and funded

# Results and Publications

## Individual participant data (IPD) sharing plan
Raw data available on request from from Amit Patel (Amit.Patel2@gstt.nhs.uk).

## IPD sharing plan summary
Available on request

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/02/2020 | 16/01/2020 | Yes | No |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |