



Title	The Fast-Track Surgical Patient Pathway for Colon Surgery Patients – A Health Technology Assessment
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Aim

To examine the conditions for and the consequences of introducing fast-track colon surgery from the perspective of the technology, patient, economy, and organization.

Conclusions and results

The fast-track patient pathway for colon surgery patients results in shorter hospitalization, quicker normalization of bowel function, diminished postoperative fatigue, and quicker resumption of everyday activities. Postoperative morbidity is unaltered or better. Patient satisfaction concerning treatment for pain relief is reported to be substantially greater, but fewer patients felt ready to be discharged from the hospital.

Recommendations

The report is intended to serve as a basis for deciding whether to introduce the fast-track surgical patient pathway in other hospitals. It contains several specific recommendations on the individual modalities in the multimodal regime that forms the fast-track patient pathway.

Methods

The survey builds on literature studies, partly concerning the individual modalities and partly concerning the fast-track patient pathway in its entirety. Furthermore, comparative data have been used from two hospitals, one using and one not using the fast-track pathway, eg, as the basis for economic calculations.

Further research/reviews required

It is important to continue using rigorous research methods to document the advantages gained by the fast-track patient pathway. Further research is needed to elucidate the consequences for the patient of the fast-track pathway, including the social and economic aspects. Moreover, implications for the primary care system should be examined.