

Capstone Project: Decreasing the Length of Hospital Stay by Improving the Patient Discharge Process



DNP

Capstone Project

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Patient Discharge Process**

Name

Institution

Course

Instructor

Date

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Introduction

This DNP initiative aims to enhance the hospital discharge procedure through staff education to reduce patient length of stay. This project will focus on implementing a discharge lounge for patients experiencing a delayed discharge due to a lack of a ride home or for those waiting on a family member to pick them up (Improta et al., 2020). The DNP project will include four phases: planning, development, implementation and evaluation, and final steps.

Additionally, a SWOT analysis, evidence-based studies, a plan for sustainability, and data analysis will be included. This project's conceptual framework will focus on patient-centered care and the utilization of evidence-based practice to determine the best course of action. The execution plan will detail how the task will be implemented, including strategies for identifying stakeholders, overcoming barriers, and utilizing facilitators and champions to effectively implement the project (Baek et al., 2018). The overall project evaluation will include an evaluation of the obstacles, facilitators, positive development in outcomes (pre- versus post-implementation), implementation costs, and outcome savings. The project's sustainability implications, as well as its impact on the quality of healthcare, cost, and access, as well as system change, will be discussed.

Overview

Hospital discharge is an important part of the healthcare process and critical to ensuring patient safety and satisfaction. Delayed discharges can lead to increased length of stay and costs, negatively impacting the quality of care (Baek et al., 2018). In order to improve the hospital discharge process and reduce the length of stay, this DNP project will focus on using staff education to implement a discharge lounge for patients who experience a delayed discharge due to lack of a ride home or for those who are waiting on a family member to pick them up. This project will utilize evidence-based practice (EBP) and patient-centered care to determine the best course of action and to ensure successful project implementation. The four phases of this project include planning, development, implementation and evaluation, and final steps. A SWOT analysis, evidence-based studies, a sustainability plan, and data analysis will also be included.

The project will also include an assessment of the obstacles, facilitators, meaningful development in results (pre- versus post-implementation), implementation costs, and outcome savings. The project's sustainability implications, its impact on the quality of healthcare, cost, access, and system change will be

addressed (Fujii et al., 2018). Strategies for identifying stakeholders, overcoming obstacles and challenges, and utilizing facilitators and champions to ensure the successful implementation of the project will also be covered.

Implementation Plan

This DNP project's execution strategy will center on the education of hospital personnel in order to enhance the procedure for patient discharge and shorten the average length of stay for hospitalized patients. The establishment of a discharge lounge is the major objective of the project. This lounge will be available to patients experiencing a delayed release due to a lack of transport home or to those waiting for a family member to pick them up from the hospital. The implementation plan will consist of four stages: the planning stage, the development stage, the execution and assessment stage, and the final steps.

Planning Phase

The planning stage is the key part of every successful project. During this phase, stakeholders, goals, and a timeframe are identified. It is important to identify project stakeholders based on their possible influence on the project's outcome (Fujii et al., 2018). Some stakeholders are hospital administration, medical personnel, nursing staff, and other essential employees. Establishing the objectives before beginning the project is important to guarantee its success and prompt achievement of the aims. In addition, a timetable has to be set in order to guarantee that all jobs will be finished within the allocated amount of time.

It is necessary to identify the project's stakeholders and define their roles and duties to increase the likelihood that the project will be successful. This involves figuring out who will be in charge of putting the project into action and who will be in charge of supervising and analyzing the project (Bisch et al., 2018). In addition, the project's goals, objectives, and schedule will need to be communicated to the stakeholders to ensure that they are familiar with the parts they are expected to play in the endeavor.

At the planning stage, the formulation of goals is also an essential component. The goals must be very particular, quantifiable, doable, and pertinent to the project (Bisch et al., 2018). They need to be quantifiable to monitor progress and evaluate whether or not the project successfully delivers what was promised. In order to guarantee that the project is successful, the goals should first and foremost be reachable while also being pertinent to the endeavor.

A timetable must be set to guarantee the project's completion on time (Zhang et al., 2019). The

timetable has to contain the actual dates for each job and an anticipated amount of time needed to complete each task. This will guarantee that the project is finished within the period that has been allocated.

Development Phase

During the development phase, you will pick an EBP framework or model and evidence-based research to use in the construction of the discharge lounge. A comprehensive strategy must be developed to guarantee that the discharge lounge will be successfully implemented (Zhang et al., 2019). The style of the lounge, its dimensions, as well as the supplies and conveniences that will be required should all be included in the layout. In addition, an evidence-based practice model or framework has to be chosen in order to serve as a guide for the project's growth and implementation. The Breakthrough Series model developed by the Institute for Health Care Improvement (IHI) and the IHI Improvement Map are examples of evidence-based practice (EBP) models or frameworks.

Throughout the development phase, it is also crucial to carefully choose research supported by evidence. Studies supported by evidence serve as a foundation for the project, and such studies need to be chosen based on how pertinent and applicable they are to the project. It is important to examine evidence-based studies to determine whether or not they are relevant to the aims and priorities of the project (Rice et al., 2018). In addition, evidence-based studies should have been examined to guarantee that they are by the chosen EBP model or framework.

Implementation and Evaluation Phase

During the phase known as implementation and assessment, the project is carried out by its participants. The plan that was produced for the project in the phase that came before this one will be used to guide the implementation of the project during this phase (Rice et al., 2018). This involves preparing the discharge lounge, instructing personnel on how to utilize the lounge, and delivering information about just the lounge to patients.

This stage will also contain an assessment of the project to see whether or not it is succeeding in fulfilling the targets and goals established during the planning phase. The evaluation will involve an assessment of the obstacles, facilitators, positive change in outcomes, as well as the costs of implementation and result savings. To determine whether or not the project was successful, the assessment should also contain a summary of the outcomes before and after implementation (Rice et al., 2018). In addition, a sustainability strategy should be devised to ensure that the project can be maintained over the long run. The plan for long-term project maintenance must include techniques for ensuring its continued

operation and the resources required to guarantee the project's success.

Final Steps

The last phases include studying the projected effect that the project will have on the quality of healthcare, cost, access, and changes to the system, as well as considering the consequences that the project will have for its long-term viability. In addition, the strategies employed in order to identify stakeholders, the strategies that were used to conquer the obstacles and barriers, as well as the strategies that were used to make the use of facilitators as well as champions in order to guarantee the successful implementation of the project should be discussed.

The consequences of the project sustainability should include methods that will guarantee the project remains sustainable throughout its lifetime. This involves designing a strategy for the continuous use of the discharge lounge, making sure the essential supplies are accessible, and implementing measures to guarantee the project gets maintained in its current state(Kehlet, 2020). The predicted effect of the project on the quality of health care, costs, access, and changes to the system should also be assessed. This involves analyzing how the project will affect the level of care provided to patients and the expenditures that will be involved with the project. To assess whether or not the project has been effective in increasing access to health care, another aspect that has to be investigated is the influence that the initiative has had upon the health care system.

Therefore, it is important to discuss the methods utilized to locate the project's stakeholders, the methods utilized to overcome the difficulties and obstacles, and the methods utilized to use facilitators and champions. Methods like surveys, one-on-one interviews, and focus groups must be included in the techniques used to identify stakeholders. Methods such as finding viable solutions, generating action plans, and making decisions based on facts should be included in the strategies that are developed to overcome the difficulties and barriers. Last but not least, a discussion on how to make effective use of facilitators as well as advocates to guarantee the successful execution of projects should take place (Kehlet, 2020). This involves approaches such as identifying and engaging important stakeholders, offering incentives and resources, and cultivating an environment that values cooperation and participation.

Strategies to Identify Stakeholders

When it comes to implementing a successful project, it is crucially necessary to identify all of the stakeholders with a potential effect on accomplishing the project's goals. Members of the staff, patients, and any other individuals whose lives may be altered in some way as a result of the project are all

examples of stakeholders (Kehlet, 2020). It is essential to determine who the project's stakeholders are to guarantee that their thoughts and points of view are considered when decisions are being made about the project.

In order to identify stakeholders effectively, surveys are an important technique. In order to assess which members of the workforce would be the most suitable to take on the role of stakeholders for the project, surveys might be sent to those working there (Gonçalves-Bradley, 2022). In addition, surveys may be administered to patients to determine the extent to which they are content with the method by which they are discharged from the hospital and to get insight into prospective areas for improvement. Using this strategy, stakeholders can contribute input without being required to participate in interviews or focus groups (Staatjes, 2019). Surveys can allow stakeholders to share their feedback in a way that protects their anonymity, making it easier for them to deliver truthful answers.

Conducting interviews is another productive method for determining who the stakeholders are. It is possible to conduct interviews with members of the staff as well as patients in order to acquire a better knowledge of the procedure that is currently used to release patients from the hospital as well as potential areas for enhancement (Staatjes, 2019). Interviews with stakeholders allow for the gathering of useful information on the operation of the process and ideas for how it may be improved. Interviews also allow stakeholders to inquire about the project and voice any issues.

The participation of stakeholders in collaborative activities and the provision of feedback may be greatly facilitated via focus groups. Patients and staff members may get together in discussion groups to share their perspectives on the hospital discharge process as it is now and provide ideas for how it could be improved (Gupta & Fonarow, 2018). By taking advantage of this technique, stakeholders are allowed to engage in idea generation and develop inventive solutions that will enhance the process. Participants in focus groups are also allowed to work with and gain knowledge from one another.

Thus, one of the essential steps in putting a project into action is to identify the various stakeholders. It is possible to determine the project's stakeholders and consider their perspectives when making choices concerning the endeavor if questionnaires, individual interviews, and group discussions are used (Gupta & Fonarow, 2018). This guarantees that the project will succeed and that all stakeholders will be pleased with the final product. Determining the project's stakeholders might be laborious and challenging, yet it is highly necessary to accomplish the project's goals. It is essential to remember that project stakeholders may be located in several areas, including staff members, patients, and others whose lives may be altered due to the undertaking (Elsarrag et al., 2019). In addition, it is essential to have an awareness of the many

approaches that can be utilized to identify stakeholders. Some examples of these approaches are surveys, interviews, and focus groups. Project managers can identify stakeholders and ensure that their views and opinions are considered by adopting these tactics, which enable them to do so.

Strategies to Overcome Challenges and Barriers

Communication

Creating clear and effective communication among all of the project's stakeholders is vital to ensuring the successful execution of the project. The project's stakeholders should be kept abreast of any modifications made to the plan, and their input should be solicited before any important choices are made (Elsarrag et al., 2019). To ensure that communication goes off without a hitch, all parties involved must get consistent updates on the status of the project as well as information about any necessary adjustments to the initial plan. This provides the chance for stakeholders to offer input and comment on the project and ensure that almost all stakeholders are working together and that everybody is on the same page.

It is crucial to develop a communication strategy that lays out the procedures that will be used to manage communication among various stakeholders. The strategy needs to include who the primary point or points of contact will be, how the information will be disseminated, and how the feedback will be obtained (Elsarrag et al., 2019). The strategy should also include a set of standards for communication among stakeholders. These guidelines should address how and when stakeholders should be contacted, the time and manner in which input should be offered, and how conflicts should be resolved.

Frequent meetings between the parties involved should be conducted to address any problems or shifts that may have occurred and to ensure that all parties are on the same page. These gatherings must be organized regularly, and all relevant parties should attend each (Bisch et al., 2018). At the meetings, the participants who have a stake in the project should discuss any concerns that need to be handled, including any possible risks or obstacles and any changes that must be made to the project plan. The sessions should be kept brief and emphasize the most significant issues.

In addition to this, it is essential to ensure that all of the various stakeholders remain aware of the duties and responsibilities associated with each stakeholder. Each stakeholder must have a clear knowledge of what is required of them and how their actions will affect the project. The need to deliver fast replies to inquiries and comments and the value of giving correct information should be brought to the attention of all relevant stakeholders.

Also, it is essential to ensure that communication routes between the various project teams and

stakeholders are kept open. This helps to ensure that almost all stakeholders have been kept up to speed with the latest information on the project's development, any adjustments which must be made, and any possible risks or obstacles. In addition to this, it assists in developing collaborative efforts between the various project teams and stakeholders, as well as ensuring that all parties are on the same page.

As a result, effective communication is a crucial element in effective project management. It may be challenging to coordinate activities and guarantee the smooth execution of a project when there needs to be more communication between the many stakeholders (Bisch et al., 2018). As a result, it is essential to devise an open communication strategy and ensure that all project stakeholders know the roles and duties to which they are assigned within the endeavor. In addition, there should be regular meetings amongst the stakeholders to address any concerns or changes that may occur and ensure that all stakeholders are on the same page. It is possible to increase the likelihood that a project will be successful, completed on time, and without exceeding its budget if effective communication between all project teams and stakeholders is established.

Training

It is vital to teaching all stakeholders about that project plan and the anticipated results. This guarantees that the project is carried out appropriately and according to the plan (Gonçalves-Bradley et al., 2022). To ensure that all parties are working toward the same objective, each stakeholder group needs to get appropriate training on both the project strategy and the anticipated results. The training must include how to utilize the project management method and all other details that are important to the effective execution of the project. This training should also cover how to use any tools including software that is required for the project. Training should be offered for just about any technological advances or procedures required for the project to ensure every stakeholder is aware of them and can utilize them successfully. This will guarantee that the project is successful (Mousavi et al., 2019). Training must additionally be adapted to meet the specific needs of the many stakeholder groups to guarantee that each group is furnished with the information and capabilities essential for achievement.

An overview of such a project plan and its goals should be included in the training, as well as a knowledge of the project's objectives, the roles, responsibilities, and expectations of every stakeholder, and any applicable procedures or methods that will be employed. In addition to that, training should contain knowledge regarding the schedule, budget, and management of risks associated with the project. As the project progresses, more training has to be delivered to all of the project's stakeholders to bring them up to speed on any alterations made to the project's goals or strategy (Mousavi et al., 2019).

Communication among the many interested parties should also be included in the training. Since communication is crucial to a project's completion, training sessions must include instruction on how participants may interact more effectively (Kayani et al., 2018). Training on properly utilizing the software for project management, how and where to effectively record progress, and the best way to effectively document difficulties and risks are all included in this category. The training should teach how to interact well with stakeholders and settle issues efficiently.

Moreover, training should contain knowledge of handling project resources, including staff, equipment, materials, and finances. The training should include this (Kayani et al., 2018). Because of this, stakeholders will better understand how to distribute resources in a manner that enhances the effectiveness of the project. In addition, training should contain knowledge on how to efficiently utilize tools for project management, including Gantt charts, tools for project tracking, and tools for project scheduling.

The training should contain information regarding how to monitor as well as assess the project, so that it may be kept on track and verify that its objectives are being met. Techniques for monitoring the progress, strategies for analyzing risks and concerns, and skills for managing adjustments should all be included here. In addition, training has to provide methods for evaluating data and communicating results to various stakeholders.

It is very necessary for the proper execution of any project to provide sufficient training to all relevant stakeholders. Training should be adapted to meet the specific needs of the various stakeholder groups; this will guarantee that each group has the information and capabilities needed to achieve success (Kayani et al., 2018). In addition, training ought to involve an introduction to the project plan and its goals, an awareness of the project's objectives, an explanation of the duties and duties of every stakeholder group, and training on any relevant procedures or methods that will be used. Also, during training, participants should be provided with knowledge on how to interact successfully with one another, manage project resources properly, and effectively monitor and assess the project (Rice et al., 2018). The team working on the project may have confidence that it will indeed be effectively executed and successfully carried out if they provide the required training to all stakeholders.

Time Management

Effective time management is one of the most important factors in successfully completing a project. In order to guarantee that the project will be finished on schedule, it is vital that all parties involved be made aware of the timeframe for the undertaking and that they arrange their activities appropriately (Rice et al., 2018). Establishing a timeframe and mandating that all parties involved stick to

it must be done. The timetable should contain deadlines for each activity that has to be done and leave adequate time for any obstacles that may arise throughout the project. Everyone who has a stake in this matter must be aware of how they fulfill their roles and duties, and they need to prepare appropriately to guarantee that their respective chores are finished on time. In addition, it is essential to include some wiggle room in the schedule in order to accommodate any unanticipated occurrences or problems that may crop up.

While developing the schedule, it is essential to take into account the whole duration of the project as well as the resources that will be at one's disposal. If the project will take too long or there need to be more resources, the timeframe may need to be adjusted to accommodate these factors. The schedule should also contain milestones, which are points of progress anywhere along the timeline that can be utilized to monitor the project's development (Patel et al., 2019). These milestones should be included so that the project's progress can be accurately measured. Milestones assist in guaranteeing that the project is advancing on schedule and allow the chance to make any required modifications if the project is not proceeding as intended. Milestones also serve to guarantee that the work is progressing on time.

It is essential to put in place a method of accountability if one hopes to ensure that the deadline will be respected. This approach should involve frequent meetings among the various stakeholders to discuss the project's status and identify any potential problems that may need attention in the future (Patel et al., 2019). Maintaining consistent lines of communication between the many parties involved in a project is critical to ensuring that any problems are resolved expeditiously and finished on schedule.

In addition to this, it is essential for there to be an atmosphere of trust and collaboration among the many stakeholders. Everyone who has a stake in the matter should indeed be encouraged to contribute their thoughts and views, and they ought to be given a chance to provide their input (Elsarrag et al., 2019). This helps to guarantee that all of the relevant stakeholders are cooperating in order to bring the project to a successful conclusion. Defining one's aims and goals in detail is essential to increase the likelihood of finishing a project successfully. Everyone who has a stake in the project has to be aware of its objectives and ought to collaborate to ensure those objectives are met. The goals you set for yourself should be attainable, and you should examine them regularly to ensure that they continue to be attainable.

Recognizing and appreciating the efforts made by all parties involved is essential. Recognizing the contributions made by stakeholders is an effective way to inspire those individuals and urge them to continue putting in hard effort. In addition, it helps to bring to the attention of all parties involved in the project the fact that it is a significant initiative that should be regarded seriously (Elsarrag et al., 2019)...

Effective time management is one of the most important factors in successfully completing a project. It is critical to develop a timeframe and ensure that all relevant parties stick to it after it is established. In addition to this, it is essential to put in place a method of accountability and ensure consistent communication between all relevant parties (Ruiz et al., 2019). In conclusion, in order to guarantee the project's successful conclusion, it is vital to both establish objectives that are attainable and to recognize the hard work that all of the stakeholders have put in.

Resources

It is vital, in order to guarantee that the execution of the project is successful, to make sure that appropriate resources are assigned to it. To ensure the project is finished on time and within budget, all parties involved must be aware of the assets at their disposal and appropriately prepare (Ruiz et al., 2019). To guarantee that the project is finished in the most time and effort-effective manner feasible, allocating resources such as persons, software, hardware, and other materials are necessary. It is important to ensure that appropriate resources are supplied within the budget, thus it is best to communicate with all of the relevant parties (Ploussard et al., 2020). In addition, it is essential to make certain that all of the various stakeholders are making the most efficient use possible of the resources and that none are being squandered.

While figuring out the resources that will be needed to complete the task, it is crucial to consider the project's overall scope, budget, and timetable. The budget must be based on reality, and it needs to give enough money to cover all of the resources committed to the project (Ploussard et al., 2020). This covers expenditures associated with labor, such as salary, and costs associated with the software, hardware, and other goods or services. It ensures that the allotted funds are spent appropriately and that all available resources are used effectively (Finkelstein et al., 2018). A consultation with the relevant stakeholders is also recommended in order to guarantee that the allocated resources are suitable for the project and that the estimated costs and completion time are feasible.

Conducting frequent progress reviews is essential to guarantee that the available resources are being utilized to their full potential. This may be accomplished by tracking how far along the project is and looking for any potential problems that may crop up (Finkelstein et al., 2018). It is important to regularly prepare reports to monitor the project's development and identify any areas where the resources might need to be managed or employed more efficiently. In addition, it is essential to ensure that all relevant parties are participating in the project and working together to achieve the same objective (Gupta & follow, 2018). It is important to have meetings regularly to discuss the project's status and any potential obstacles that may occur.

These meetings should be employed to identify any places where resources might be overused or underused, as well as to identify any answers that may be required. In addition, these meetings should be utilized to identify any needed remedies.

It is necessary that all parties involved in the project be aware of both the timetable and the project budget to guarantee its proper execution. This will assist in making sure that the work is finished on time and, therefore, that resources are still not lost due to unnecessary waste (Gupta & Fonarow, 2018). It is important to prepare regular progress reports so that the project's advancement can be monitored and so that any areas of the project in which resources may be being overused or abused may be identified. A consultation with the relevant stakeholders is also recommended in order to guarantee that the allocated resources are suitable for the project and that the estimated costs and completion time are feasible. If they use these tactics, everyone with a stake in the project may work together toward the common goal of successfully implementing it.

Making Use of Facilitators and Champions

The effective execution of a project relies heavily on the participation of both facilitators and advocates. These people have the expertise and experience to guarantee that the project is carried out appropriately and by the plan (Gupta & Fonarow, 2018). Project teams can reap the benefits of the experience of project facilitators and champions if they use these individuals throughout the project. Facilitators are employed to help and encourage the entire project team in their endeavors and are responsible for facilitating communication among the team members. They can provide direction on the technique of the project, guarantee that tasks are finished on time and that the project is finished according to the plan (Baek et al., 2018). Facilitators can also give knowledge in various other areas, including quality assurance, risk management, and project management. In addition, facilitators provide a non-biased point of view and may assist in bridging any communication gaps between the team working on the project and the stakeholders.

Champions are enthusiastic about the project and thus are prepared to ensure success. Champions are often members of the organization or the project team who are enthusiastic about the endeavor being undertaken and are prepared to go the additional mile to guarantee that it is successful. Champions have the potential to serve as a useful source of advice and direction for the project team, which may assist in ensuring that the project is successfully executed. They can also contribute to the project's completion on schedule and without exceeding budgetary constraints.

It is essential to locate people who can act as facilitators and ambassadors for the initiative and include

them in its early stages. This will guarantee that the participants are aware of the project's aims and objectives and possess the essential skills and expertise to ensure that the project is successfully completed. In addition, it is essential to give these people the appropriate training and resources in order to guarantee the proper execution of the project. This might involve giving them the ability to use the project management software, offering them training in project management, and granting them access to various project management tools and templates.

Also, it is essential to ensure that project facilitators and advocates are kept abreast of any initiatives' developments. Providing regular updates on the project timetable and informing them of any modifications to the project's scope or the task's budget are all examples of what this may include (Baek et al., 2018). Facilitators and project champions should be kept up to date on any changes to the project to ensure that they are aware of any possible risks or difficulties that may emerge and can take the required actions to guarantee that the project is successfully finished.

It is essential to provide facilitators and champions with the recognition and awards that are due to them for their work. This may include presenting them with monetary benefits, providing them exclusive access to special events or activities, or offering them more opportunities for training. It will assist in inspiring facilitators and champions by granting awards and recognition, encouraging them to continue providing their knowledge and support to the project (Baek et al., 2018). This will help to ensure that the project is successful. Hence, by using facilitators and champions, project teams may guarantee that the project is effectively finished and benefit from the experience that these individuals bring to the table. Identifying and including these people in the project from the beginning is crucial. Moreover, it is important to offer them the required training and resources, as well as the recognition and incentives they deserve for their contributions (Improta et al., 2020). When they do so, project teams may increase the likelihood that the project will be finished on schedule, without exceeding the budget, and by the plan.

Conclusion

This DNP project aims to improve the hospital discharge process by utilizing staff education to decrease patient length of stay. This project will focus on implementing a discharge lounge for patients who experience a delayed discharge due to a lack of a ride home or for those waiting on a family member to pick them up. The DNP project will include four phases: planning, development, implementation and evaluation, and final steps. Additionally, a SWOT analysis, evidence-based studies, a plan for sustainability, and data analysis will be included. The project's conceptual framework will focus on patient-centered care and the utilization of evidence-based practice to determine the best course of action. The implementation plan will provide details of how the project will be implemented, including strategies

to identify stakeholders, overcome barriers, and use facilitators and champions to ensure successful project implementation. The overall evaluation of the project will include an assessment of the barriers, facilitators, positive change in outcomes (pre- compared to post-implementation), and costs of implementation and outcome savings. The sustainability implications and the project's impact on healthcare quality, cost, access, and system change will also be discussed. This project has the potential to significantly improve the hospital discharge process and decrease patient length of stay.

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