

MEDIA RELEASE

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For Immediate Publication

NUHCS ENHANCES PATIENT RECOVERY EXPERIENCE WITH SAME-DAY DISCHARGE FOR ELECTIVE CORONARY PROCEDURES

Service also offered at NUHCS @ NTFGH, and plans underway to expand to other selected heart procedures

SINGAPORE — The National University Heart Centre, Singapore (NUHCS) is improving the way patients recover from elective heart procedures by introducing a “**Same-Day Discharge**” service for those undergoing coronary interventions, such as balloon angioplasty and stenting. Traditionally, these patients are warded overnight for observation. With the Same-Day Discharge model, clinically eligible patients can now return home within hours after their procedures, offering greater comfort, convenience and cost savings.

In 2024, more than 200 patients have benefitted from the service at NUHCS across the National University Hospital (NUH) and Ng Teng Fong General Hospital (NTFGH).

Safe, evidence-based care for eligible patients

The new Same-Day Discharge service maintains the same standard of care and has been shown to be as safe as the traditional overnight stay model, with no adverse effects on patient recovery. A study by the angiography nursing team at NUHCS, led by Assistant Nurse Clinician Yap El Foon, found no difference in cardiovascular outcomes between patients discharged on the same day and those who stayed overnight in the hospital. These outcomes include death, heart attacks, vascular access site complications, and urgent re-admissions.

This finding is in line with an international study in 2021, which found that clinical outcomes for Same-Day Discharge and traditional overnight stays after coronary heart interventions are comparable.¹

Assistant Professor Gavin Ng, Clinical Director of the Interventional Cardiology and Angiography Centre, NUHCS, explained that Same-Day Discharge patients are offered the same comprehensive post-discharge services as those staying overnight. This includes access to NUHCS’s cardiac rehabilitation programme and a follow-up teleconsultation with the medical team the day after discharge to monitor their recovery progress.

¹ Rao, S, Vidovich, M, Gilchrist, I. et al. 2021 ACC Expert Consensus Decision Pathway on Same-Day Discharge After Percutaneous Coronary Intervention: A Report of the American College of Cardiology Solution Set Oversight Committee. *JACC*. 2021 Feb, 77 (6) 811–825. <https://doi.org/10.1016/j.jacc.2020.11.013>

“Same-Day Discharge enhances the patient experience without compromising safety. It also offers cost-saving benefits to our patients in terms of hospitalisation expenses, and helps us manage inpatient bed capacity more efficiently,” says Asst Prof Ng, who is also a Consultant in the Department of Cardiology at NUHCS.

The Same-Day Discharge service is offered to all eligible elective patients undergoing coronary interventions, and patients can still opt for overnight stays if preferred. Eligibility for the service is dependent on several pre-requisites pertaining to clinical stability and the availability of a caregiver at home. The eligibility checklist includes:

- A positive post-Percutaneous Coronary Intervention (PCI) evaluation by the clinical care team
- Successful completion of the PCI procedure without complications
- The absence of post-procedure complications such as stroke, bleeding, vascular complications, allergic reaction, unresolved and/or severe chest pain, acute heart failure, persistent ischemic ECG changes, and malignant arrhythmia
- No exacerbation of underlying disease such as heart failure, hypertension, diabetes mellitus, COPD, and asthma
- No change in mental status from before the procedure
- Willingness and readiness of the patient to be discharged
- Availability of a caregiver at home

“The Same-Day Discharge service offers patients greater comfort and a more seamless transition from hospital to home. With detailed post-discharge advice and access to telehealth support, patients feel well-prepared to continue their recovery at home,” says Ms Yap. “We have received positive feedback, with most patients and their families expressing their preference to rest in the comfort of their home.”

Following the success with coronary interventional procedures, the initiative is being progressively rolled out for selected pacing and electrophysiology procedures at NUHCS.

The Same-Day Discharge initiative is part of ongoing efforts to deliver high-quality, patient-centred care at NUHCS. As the team continues to assess the expansion of the service to other procedures, it underscores NUHCS’s commitment to deliver efficient and evidence-based care that aligns with evolving healthcare needs.

Chinese Glossary

National University Heart Centre, Singapore (NUHCS)	新加坡国立大学心脏中心 (国大心脏中心)
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About the National University Heart Centre, Singapore (NUHCS)

The National University Heart Centre, Singapore (NUHCS) is an academic, national specialist centre under the National University Health System (NUHS). NUHCS brings together the resources, expertise and capabilities in the areas of Cardiology, Cardiothoracic and Vascular Surgery to better meet the needs of the growing number of patients with heart disease and raise the future generation of medical professionals.

As one of two national heart centres in Singapore for the treatment and management of complex cardiovascular diseases, NUHCS offers six core clinical programmes including Heart Failure & Cardiomyopathy, Structural Heart Disease, Acute Coronary Syndrome, Heart Rhythm, Congenital & Structural Heart Disease and Women's Heart Health. The centre has been awarded two institutional Peaks of Excellence for its Minimally-invasive Cardiothoracic Surgery and Aortic Centre Programme, and has been ranked top in Singapore for three consecutive years in 2022, 2023 and 2024 for the specialty of Cardiac Surgery in Newsweek's "World's Best Hospital" Award.

Comprising a team of internationally-recognised cardiologists and surgeons from the cardiothoracic and vascular specialties, NUHCS serves as a referral national centre for cardiothoracic and vascular conditions and provides a comprehensive approach to the treatment of these patients. The holistic patient-care approach is backed by leading translational research at the Cardiovascular Research Institute (CVRI) and Cardiovascular Metabolic Translational Program, all of which complements these

advanced quaternary clinical services to deliver state-of-the-art treatment solutions to the most challenging heart, lung and circulatory diseases.

NUHCS services span across four locations to serve the western and central locations in Singapore:

- NUHCS at National University Hospital (NUH), Kent Ridge - Main Operations
- NUHCS Heart Clinic @ Ng Teng Fong General Hospital (NTFGH)
- NUHCS Heart Clinic @ Jurong Medical Centre (JMC)
- NUHCS Heart Clinic @ Alexandra Hospital (AH)

For more information, visit: <https://www.nuhcs.com.sg>.