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Synopsis

Optimising cardiac surgery outcomes in people with diabetes: the OCTOPuS pilot feasibility study

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Plain language summary

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Plain language summary

People with diabetes whose blood sugar levels are too high tend to have a slower recovery after surgery. They are more likely to get infections (both chest infections and in their surgical wounds). They cannot go home as quickly after surgery as those without diabetes or those with diabetes whose sugar levels are closer to normal. Their risk of dying after surgery is also higher. Several years ago, a hospital in Bournemouth developed an outpatient-based approach to improve blood glucose levels in the weeks before surgery. They have shown that in patients receiving joint replacements, this approach reduced the time they had to stay in hospital.

In this project, we adapted the approach from Bournemouth so that it could be used for people undergoing heart surgery. We tested it in Southampton and showed that it was well received by patients and healthcare professionals and reduced blood sugar levels.

We originally planned to test this approach in up to 15 hospitals across the United Kingdom in a large trial, but we were unable to perform this study because of the effects of the COVID-19 pandemic. Nevertheless, we have made the intervention available for use, and this could form the basis for future research or use in clinical practice.